



Gather the Gold

Used as a fun warmup

Time 10 minutes

Setup

Field/space 20x20

4 equal teams in the corners

Balls in the middle

Relay race

Coaching Points

Quick feet

close touches

Turn it and burn it

Progression

Race 1: 3 Pushups

Race 2: 5 Jumping Jacks

Race 3: 2 Sit Ups

Passing And Receiving - Gates

Time 12 minutes

Setup

Get a partner and share a ball

Set up as many gates as you can

Walk the players through demonstrating how to pass on one side and receive on the other

Coaching Points

Communication from teammates

Good passes so your partner can receive it

When receiving the ball think where you are going next, so your first touch is in that direction

Progression

Challenge all groups to see who can get the most points in 45 seconds

Water Break

1 v 1 Attacking

Time 12 minutes

Setup

10 width by 15 long

Two teams in bibs across from each other in the grid

Coach plays the ball to either player, player who receives the ball attacks.

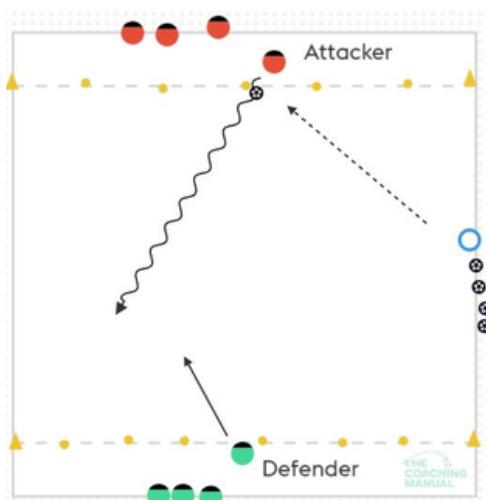
If the defender wins the ball they have one chance to attack.

Coaching Points

Don't allow the play to run to long, idea is to quickly dribble over the opposing teams endline

Try to match up like able players if possible

Focus on the early lessons, touches, turns, etc.





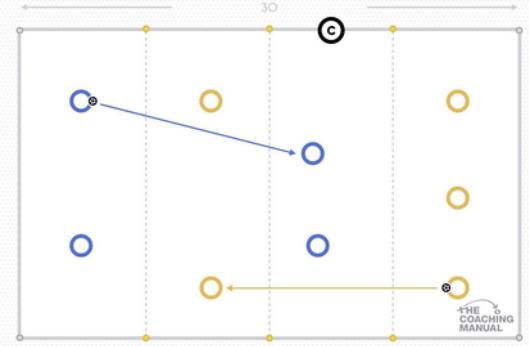
Scissor Move



Time 10 minutes

Once you are ready set up your cones 5 yards apart. From the start cone dribble up at slow pace, do your scissors 2-3 steps prior to the defender cone, then change pace and accelerate forward. Do a light jog back and repeat the exercise.

Water Break



Lane Game

Time 15 minutes

Setup

Scrimmage field size
Create lanes players stay in
Game of keep away passing

Passing

Coaching Points

Movement off the ball
Talking between teammates is important
Passes need to be the proper power for the receiver to control

Game Time

Remind Players to Shield

Time 20 minutes

4v4 Format – Without a Goalkeeper. There are two formations in 4x4 Diamond and 2x2(Box) Remind your player(s) in the back not stay in the goalmouth and to instead get out and join the team as field players.

