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Free Dribble: Players are to begin dribbling freely with both feet and listen to coaches commands.

Call out the following:

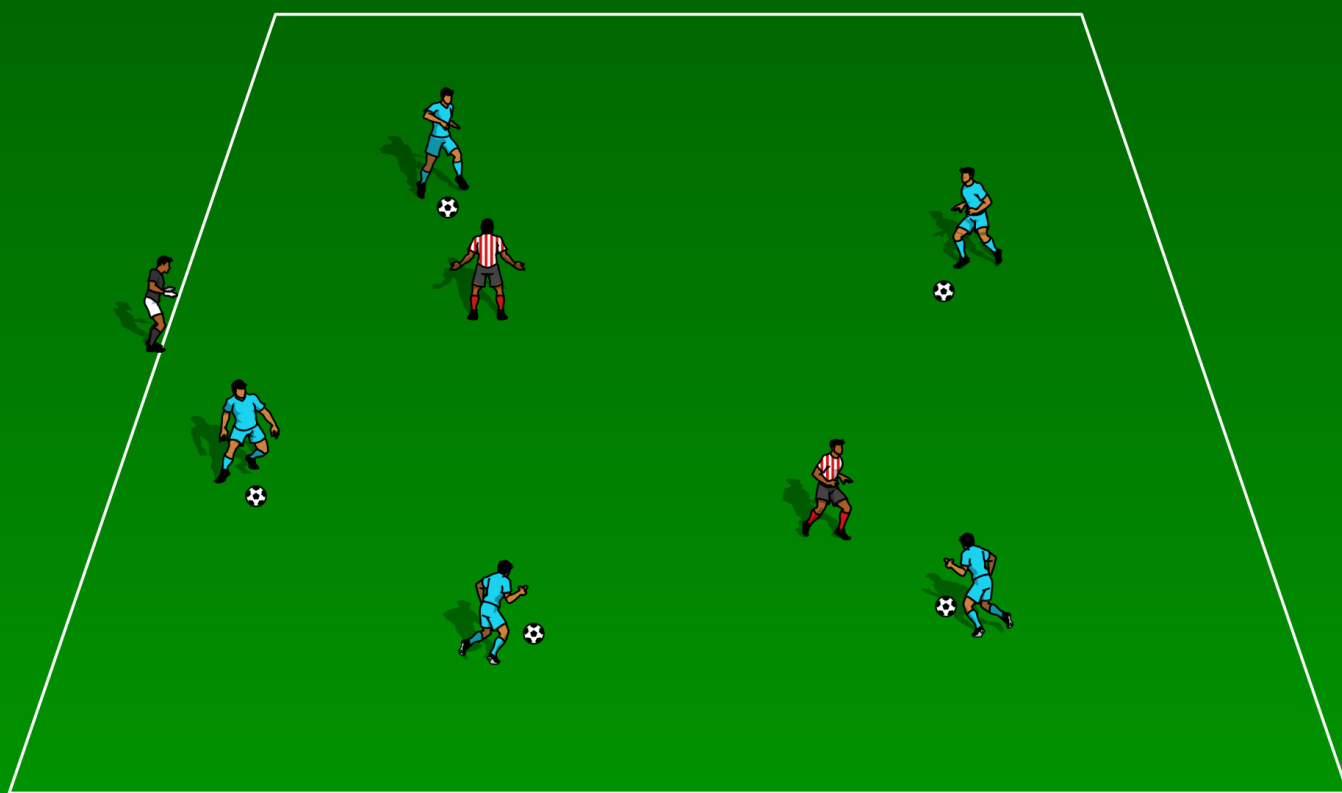
1. Right foot only (emphasize using all surfaces)
2. Left foot only (emphasize using all surfaces)
3. Tik-Toks (Insides)
4. Toe Taps
5. L Turns
6. Sole Roles

Progression:

1. Call out combinations (e.g., Inside, Outside)

Coaching Points:

1. Close control to reach ball right away
2. Quick touches to ball
3. Keep head up to find space to dribble into



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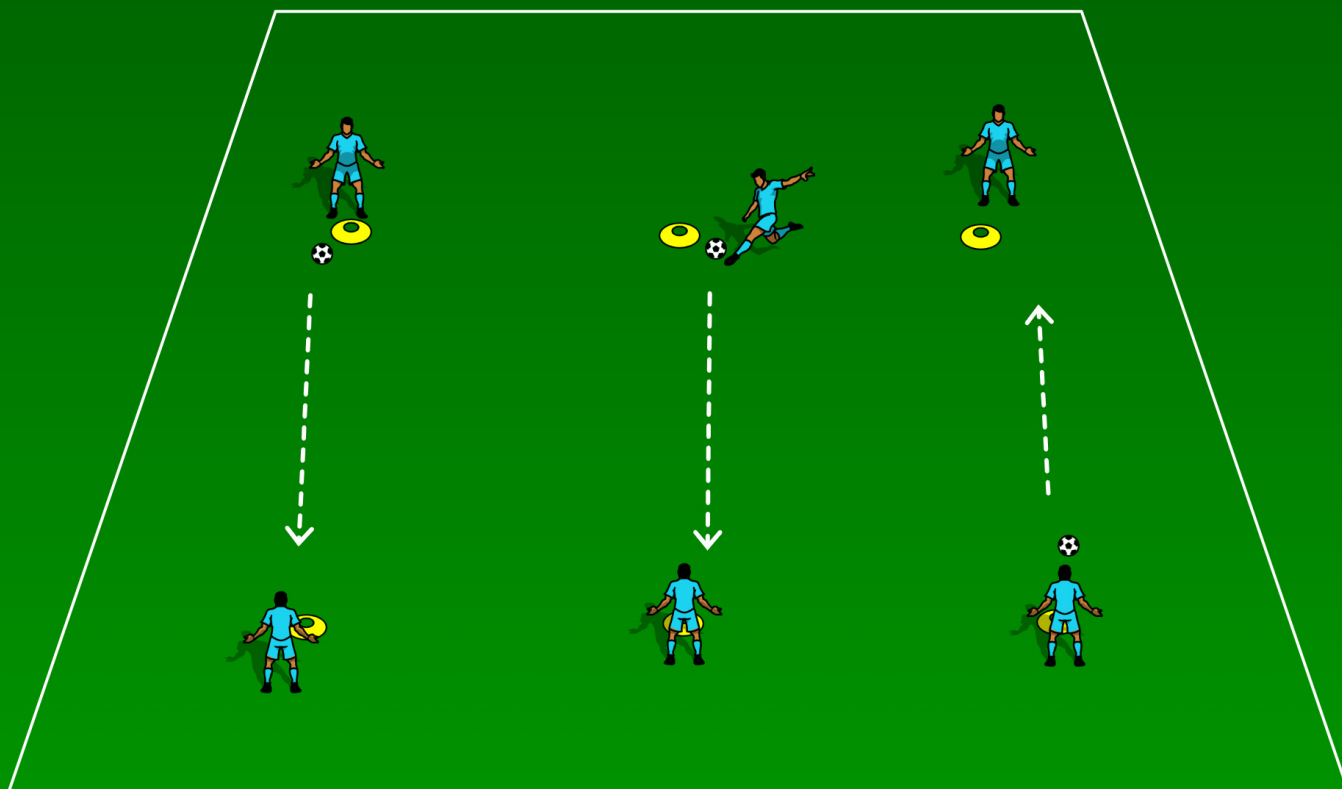
Players dribble around freely in the area with a ball. 2 players will begin as defenders without the ball. The defenders attempt to win the soccer ball from any player and offensive players will try to protect their ball. If a defender wins a ball from an offensive player, he/she will now become an offensive player while the player who lost the ball is now a defender.

Progressions:

1. Coaches can enter as passing options
2. Designate 1-2 players to be passing options- these players won't start with a ball

Coaching Points:

1. Keep ball close and controlled
2. Head up to find open space and be aware of where the defenders are
3. Use body to protect the ball



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Objective: Work on proper passing technique.

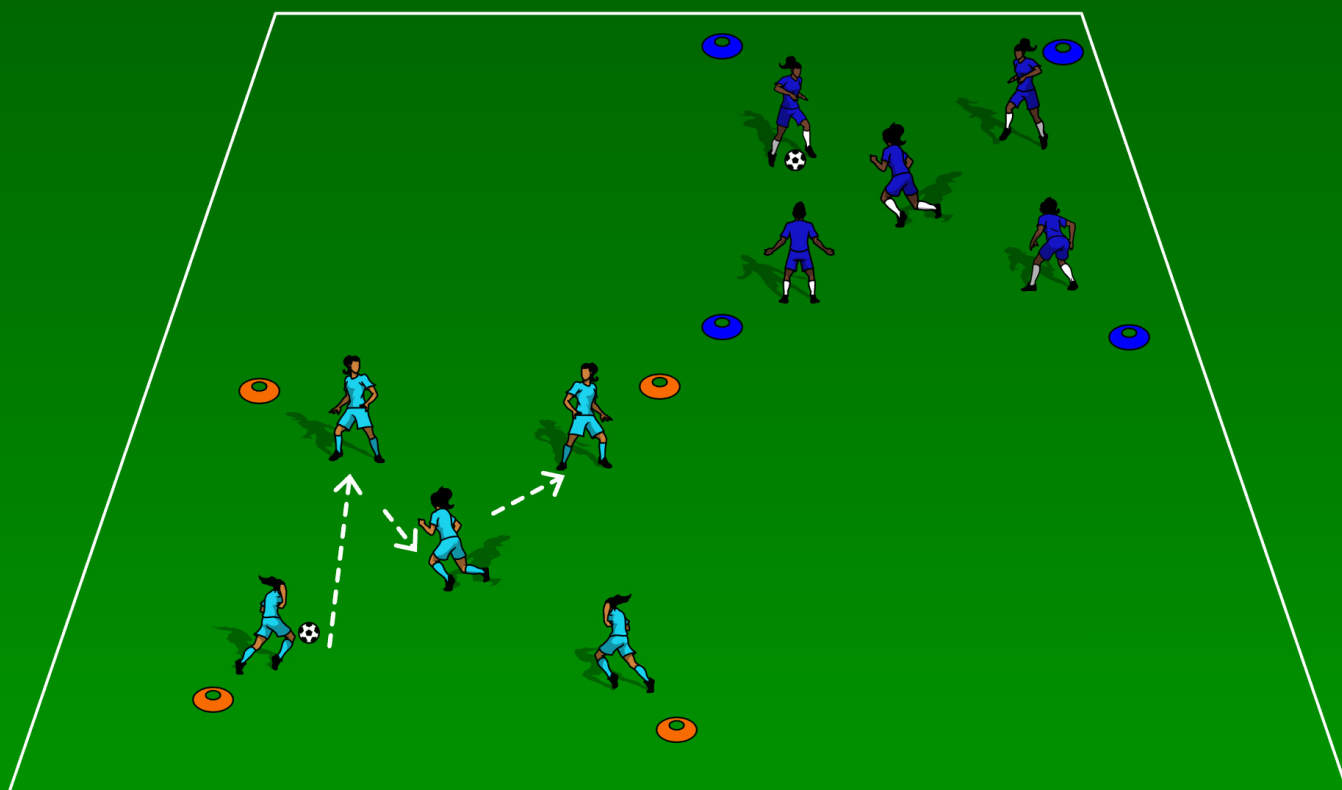
Description: Place 2 cones 8 yards apart. Have players pair up - one ball per pair. Players are to work together to pass back and forth accurately.

Progressions:

1. Right Foot
2. Left Foot
3. Make it a race
4. Move cones 3-5 yards farther back

Coaching Points:

1. Play accurate pass by using instep, plant foot pointed towards target, follow through
2. Be on your toes
3. First touch out of feet to help play a strong accurate pass



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Players are to work together within their groups to keep the ball in their grid at all times.

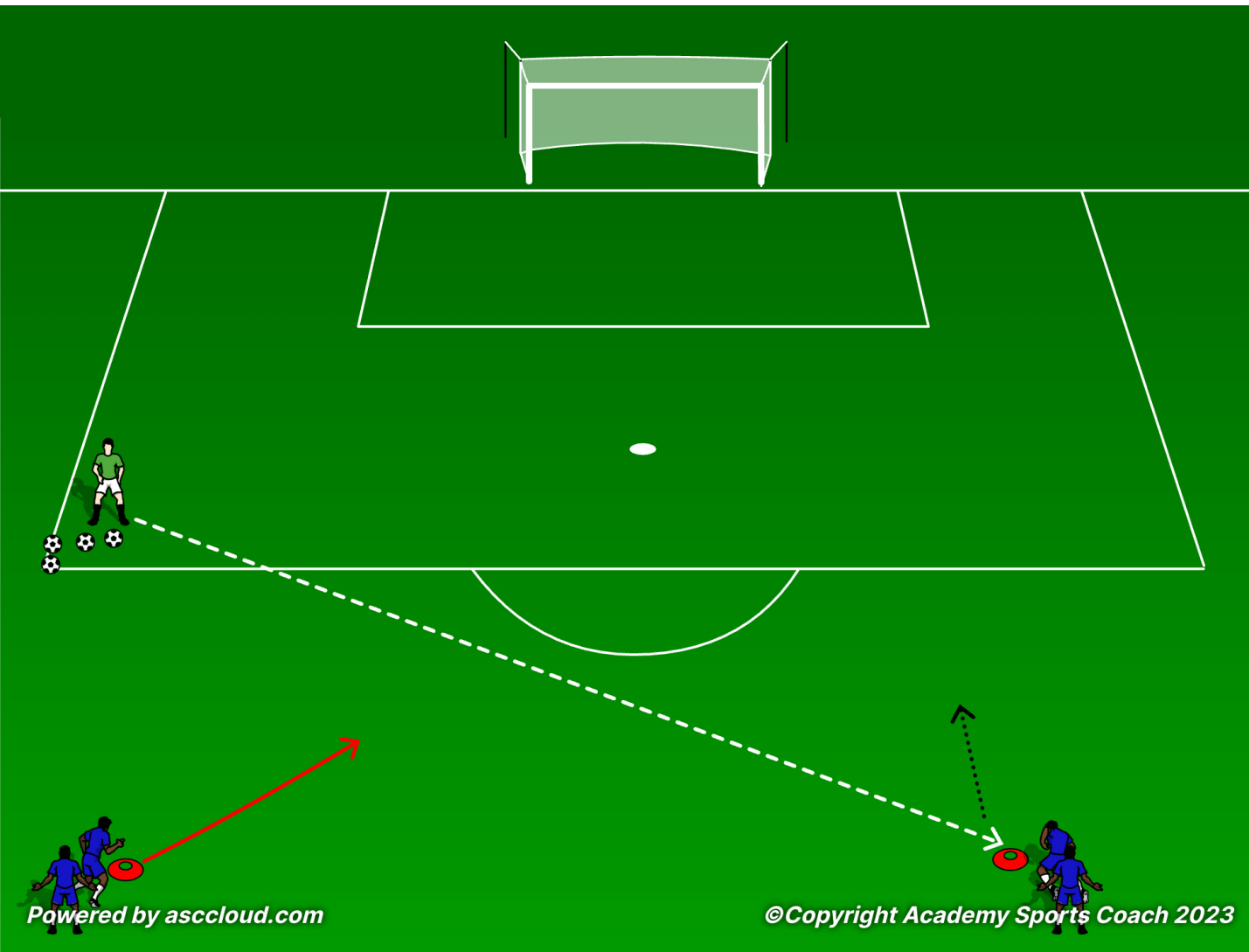
Create as many grids as needed, 12×12 yards, with 4 players in each grid. 1 ball/group. Players are to continuously move throughout their grid, completing as many passes as possible with their teammates. If any players are to stop moving, or the ball exits the grid, then coaches have the right to kick the groups ball as far as way as they'd like!

Progressions:

1. After making a pass, the player who passed it must run around one of the outside cones of their grid.
2. Players will compete to make 25 passes as a team. All rules of continuously moving and checking around an outside cone remain in effect. First team to 25 passes kneels showing they're done.

Coaching Points:

1. Weighted passes using the inside of your foot
2. Communicate with your teammates to help keep the ball in
3. Players should always be repositioning into open space



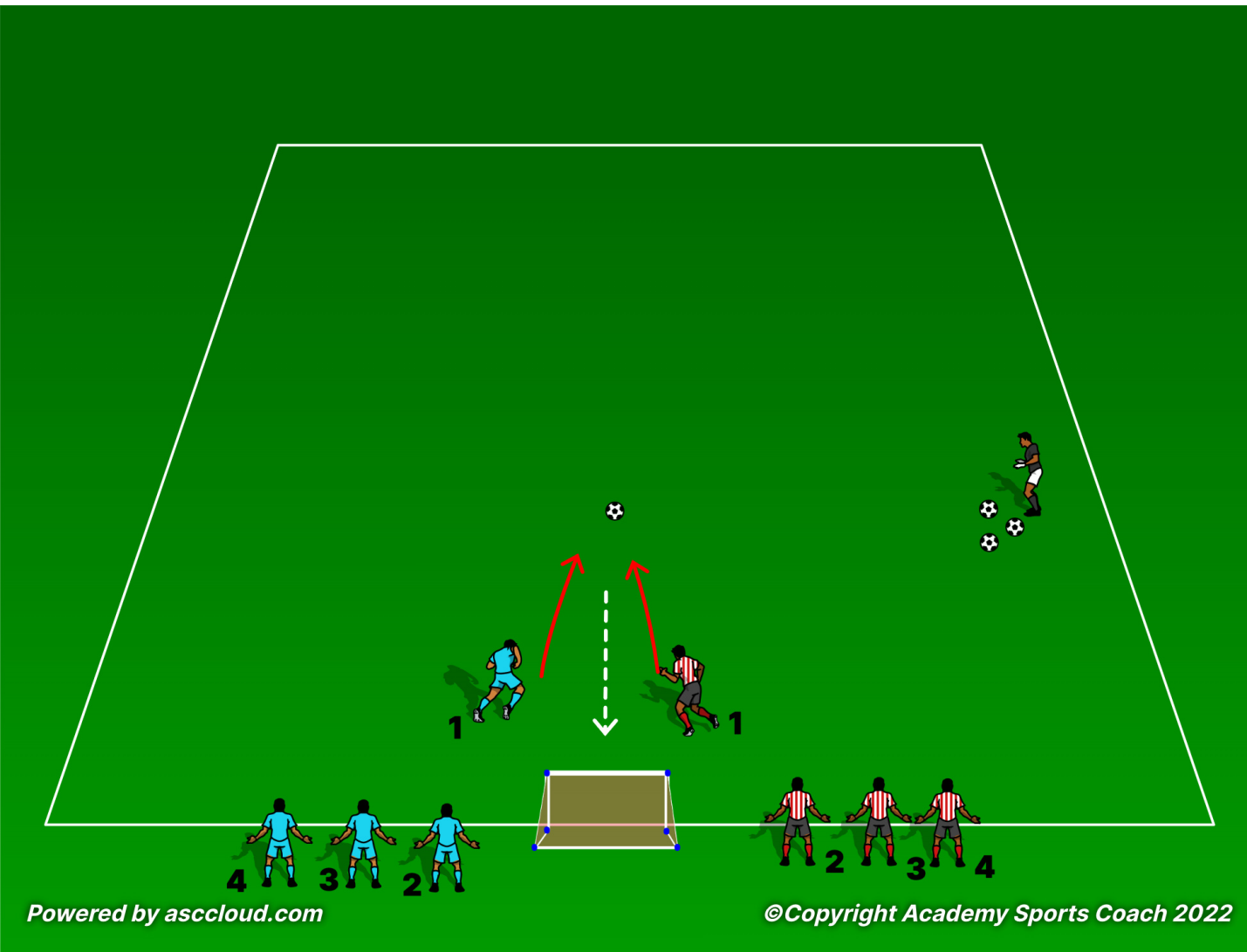
Breakaway with a partner. Dribble, pass, and finish at pace. Divide players in half. Each group is behind a cone that is 15 yards from goal. Starting cones are 8 yards apart from each other. Coach passes out a ball to one of two players. They must complete two passes before they can shoot on net.

Progression:

1. Once coach passes he becomes a defender.
3. Add a line of defenders. When the attackers take their first touch, 1 player come out to defend (Coach can decide if he wants to make it 2v1, 2v2, 3v2 etc).

Coaching Points:

1. Dribble with confidence
2. Player without the ball, move to be an open passing option
3. Attackers should spread apart



Set up grid as shown on image. Split the group into 2 teams. The ball will be played out by the coach. On coaches command (a number is called 1-4), The players whose numbers are called will race to win the ball. The attacker looks to take the defender on 1v1 and score. Players continue until a goal is scored or ball goes out of play. Play rounds to 3 or 5 points.

Progressions:

1. Call 2 numbers to create a 2v2, 3 numbers for a 3v3, etc

Coaching Points:

1. Positive first touch
2. Attack with pace
3. Head up to be aware of space and where defender is
4. Move to beat an opponent (change of direction)



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Split your group into two teams. Assign each player a number 1-3. Players are to begin dribbling around the pitch freely. When coach calls a number, the players who've been assigned that number are to try and score a goal. Encourage players not to just hover closely around the goal.

Progressions:

1. Have players speed dribble around a cone before going to score
2. Give a 10 second countdown to score
3. Have #s not called be defenders

Coaching Points:

1. Keep ball close and controlled
2. Head up and dribble into open space
3. Locked ankle when shooting