

Practice - Spreading out - Switching position of attack - Finishing

Warm ups - 10 - 15 mins ball movement - end with a run with the ball

Snake Dribble

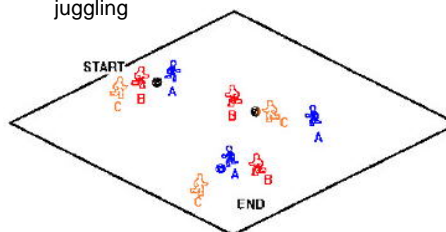
Divide players into groups of three or four. Middle player (B) starts with the ball. Player B must try to follow the head of the snake, Player A. Player C follows Player B. On command, B steps on ball and becomes new head of snake. Player A goes to the end and Player C now has the ball in the middle.

All parts of the foot turns

wickets

lift and trap (flip on top of foot, lift and trap)

juggling



Passers & Dribblers Game

The Game

- Two equal teams on a regulation field. Divide each team half are dribblers (with a maximum of 5 touches before they shoot or pass) and passers (maximum of two touches). All soccer rules apply. If dribbler or passer breaks the restrictions, ball goes to the other team. Use different color pinnies to identify dribblers and passers.

Coaching Points

- Each team must organize passers and dribblers so they are in the best positions on the field.
- Make sure to rotate passers and dribblers.
- Dribblers must control the ball, and dribble to shield if there are too many players around them or dribble to goal and beat opposing defenders.
- Passers must receive the ball on their first touch and make good passes with the next touch. Don't allow them to just kick the ball away. It should be passed to a teammate.



'CORNER GOAL GAME'

- Here is a game that can be used in the middle phases of the training session. This game involves passing and receiving skills and is also a good activity for showing players the benefits of 'spreading out'. It is a dynamic game with a lot of running. It provides a lot of 'puzzles' for players to figure out and demands that they cooperate.

THE GAME:

- Set up the field as shown on approximately half-field, depending on how many players are on your team. (16 players shown. It is OK if one team has an extra player. If there is an odd # of players on the team, that gives the players a different puzzle to solve.)
- 10 yd. 'squares' are set up in each corner.
- Goals are scored when the ball is passed into the square and then out to a teammate.
- Each team can attack any one of the four goals.
- Whoever has the ball is on offense until they loose possession, or if they kick it out of bounds.
- Score can be kept.
- Play with two balls at once to make the game exciting. (This will actually make the game two, separate smaller games going on at the same time.)

Review 11 v 11 formation