

Activity 1 Pattern Dribbling

Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat
- **Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.
- **Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"



Activity 2 Dribbling Gates with Defenders

Duration 8 mins

In 15Wx20L grid place multiple gates (2 cones, 2 yards apart). Each player has a ball and must dribble through the gates to score points. See "Variations" on how to score points. After a few Rounds add "Defenders"; players without a ball to the game. Defenders try to steal ball from the Dribblers. If a Defender steals a ball they become a Dribbler and can score through the gates. Coach(es) start as Defenders.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- Round 1-2: Dribble through as many gates as you can, beat your score.
- Round 3: Score by dribbling through a gate, turn (with inside of the foot or a drag back) and go back through the same gate.
- Round 4: Add defender(s), if your ball is stolen, go steal a ball from another player.

Activity 3 Gates Passing

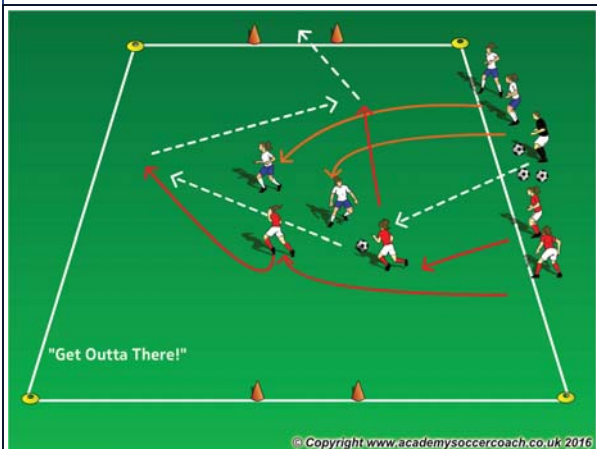
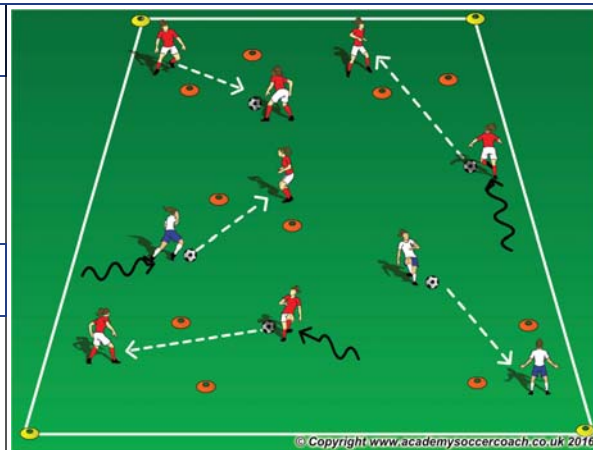
Duration 8 mins

In a 15Wx20L yard grid set up several gates (two cones 2 yards apart). Players get in pairs with one soccer ball. Players must pass the soccer ball through the gate to their teammate in order to score a point. Players keep track of their points. Each round try to beat the previous score. Have players use the inside of the foot to pass and receive the ball from their teammate.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players make 1 pass through a gate for a point, and go to the next gate
- **Round 2:** Players make 2 passes through a gate for a point and go to the next gate
- **Round 3:** Players use only their weaker foot to make their passes through the gate
- **Round 4:** Players can use any part of their foot to pass or receive the pass.



Activity 4 Get Outta There! with Passes

Duration 8 mins

In a 15Wx20L yard grid, a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. Coach divides the players into two teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in the opponent's goal. After a goal or ball out of bounds coach calls "Get Outta There!"

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Play 2v2.
- **Round 2-3:** If a team completes 2 or more consecutive passes before scoring, the goal is worth 10 points.
- **Round 4:** Coach can play 3v2 or 3v3 games.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.