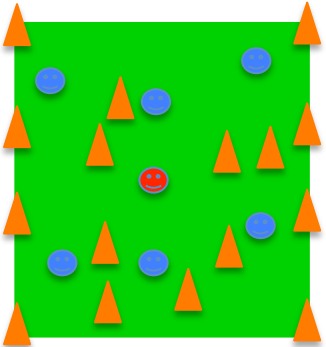
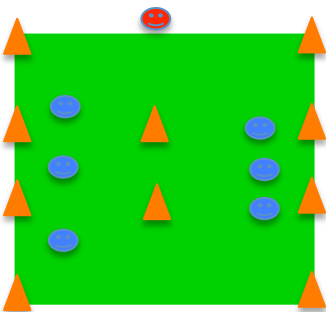
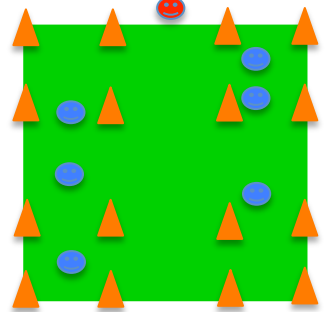



| STAGE   | DIAGRAM   | ORGANIZATION   | OBJECTIVES / COACHING POINTS  |
|---|---|--|---|
| <p><b>Warm-up</b></p> <p><b>With Dynamic Stretching</b></p> <p><b>10 mins</b></p> |    | <ul style="list-style-type: none"> <li>• 10x15 rectangle</li> <li>• Dribble around area shooting between cones</li> <li>• Players should use both feet</li> <li>• Add different combinations of dynamic activities such as touching toes, hopping on one foot, rolling on the ground, jumping jacks</li> </ul>   | <ul style="list-style-type: none"> <li>• Body should be over the ball (forward).</li> <li>• Eyes on ball.</li> <li>• Support foot next to ball pointed in general direction of target.</li> <li>• Lock ankle back and down, toes pointed down.</li> <li>• Strike the center of the ball on the instep ("laces" of the shoes).</li> <li>• Follow through—move leg straight through toward target.</li> </ul> |
| <p><b>Small-sided Activity</b></p> <p><b>15 mins</b></p>                          |   | <p>Each player has their own "hot potato" (the ball) and doesn't want to burn their feet with it. So, it must be sent back to the other team quickly but it only counts if it goes through the oven doors. Break players into two teams and have them positioned on either side of the line of cones "oven doors". Start with the same number of balls on each side. When coach says "go", have them sent the balls to the other side through the cones "over doors". Players must retrieve the balls and shoot them back through the oven doors. After 3 minutes, coach says "times's up" and whichever team has the fewest balls on their side wins. Balls that don't go through gates are returned to the kicking team. Play multiple rounds.</p> | <ul style="list-style-type: none"> <li>• Move body in front of the ball to slow/stop it.</li> <li>• Support foot next to ball pointed in general direction of target.</li> <li>• Use laces part of the foot</li> <li>• Follow through—move leg straight through toward target.</li> <li>• Shoot with the most convenient foot.</li> </ul>   |
| <p><b>Expanded Activity</b></p> <p><b>15 mins</b></p>                             |  | <p>Now bubbling hot lava has turned up in the area between the two teams. Each team has to get the ball into the other team's area without stopping on the hot lava. Players cannot step into the hot lava. After 3 minutes, coach says "times's up" and whichever team has the fewest balls on their side wins. Balls that don't get to the other area are returned to the kicking team. Play multiple rounds.</p>  | <ul style="list-style-type: none"> <li>• Look up at the target while dribbling</li> <li>• Time run to shoot at the end of the tunnel</li> <li>• Touch ball slightly harder before shooting for better ball placement</li> </ul>   |
| <p><b>Scrimmage</b></p> <p><b>20 mins</b></p>                                     |  | <p>3v3 or 3v2 with small goals<br/>       Keep rolling in a new ball if the ball goes out of bounds<br/>       Send in 2 balls if players are left out</p>   | <ul style="list-style-type: none"> <li>• Keep eyes up on targets</li> <li>• Always use laces part of foot when shooting</li> <li>• Try to look up and shoot when the goal is open, even if from further away</li> </ul>   |