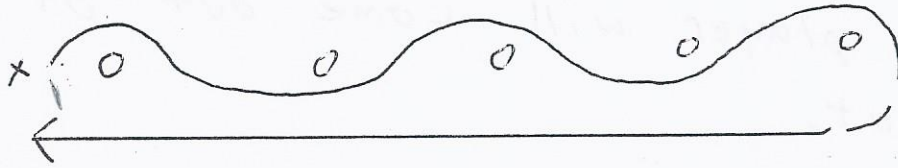


Dribbling Drills

- ① Dribble through cones. On way back dribble at faster pace, simulating open field dribbling.

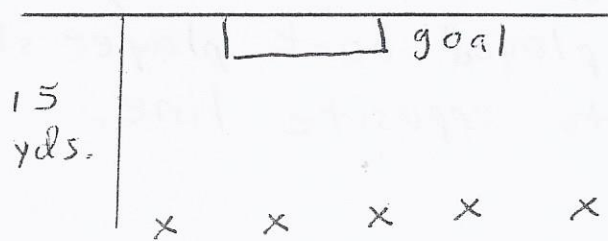


- ② Set up 20x20 grid. Everyone has ball. Everyone dribbles. Avoid teammates, keep head-up, keep ball close. Change pace + direction.

- ③ Play follow the leader. Coach leads, players follow. Change pace, direction, etc.

Shooting Drills

①



Players line up about 15 yards from goal, one after another they shoot. Initially hit ball stationary, but then have player take touch.