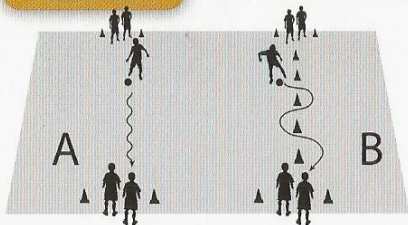


ZIG ZAG DRILL

Lateral movement, speed

DRIBBLING



Where they go: Players in 2 lines facing each other about 20 yards apart.

- First player dribbles ball in zig-zag motion across field to teammate who takes over and goes back across to other side. (Fig A)

Key Point: Use different parts of foot (inside, outside, sole) to redirect ball.

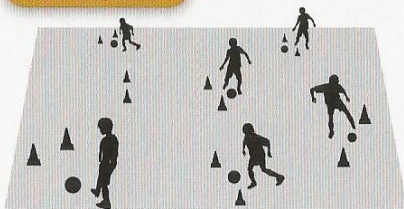
Key Point 2: Keep ball close. Short stride. Feet close to ground.

Make it a Game: Place cones between lines. Players race while zig-zagging through cones. (Fig B)

GATES

Spatial awareness, dribbling

DRIBBLING



Where they go: Six players dribble around inside 20x20 grid. Also located throughout grid are seven 'gates'. First, players dribble through gates, then do 'figure-8's'.

- Players must keep ball close and be aware of surroundings. Dribble ball away from pressure while looking for open space.

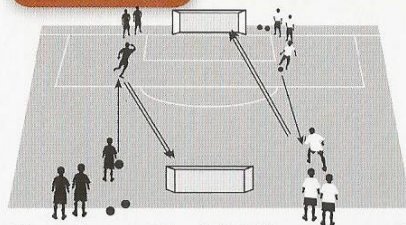
Make it a Game: See how many gates each player can dribble through in 1 minute without going through same gate twice in a row.

Make it a Game 2: Two defenders try and win balls. Players with ball must keep away from defenders. Dribbling through gate = defender must defend different player.

FIRST TIME SHOOTING

Long-range shooting

SHOOTING



Where they go: Using half field, set up two goals facing each other. Create 2 teams. Half from 'one team' on same side of both goals. Half from other team on other side of both goals.

- Player from 1st team passes ball to middle. Teammate from other side of field comes out and receives ball with first touch, then shoots on second.

• After shot, players change ends. Teams alternate turns.

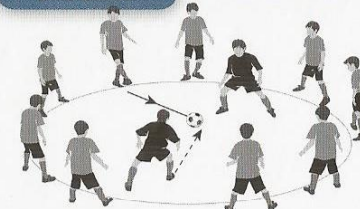
Key Point: Player must get to ball quickly and take shot on the run.

Make it a Game: First team to score 10 goals wins. Switch and go opposite way so both teams use both feet.

DEFEND THE RING

Anticipating and intercepting passes

DEFENSE



Where they go: All players form large circle. Two defenders in middle.

- Players in circle pass to each other. Defenders move to intercept or deflect passes.

• If defender intercepts pass or knocks it out of circle, passer goes in on defense and defender goes to circle.

Variation: To encourage defensive teamwork, both defenders get to come out on deflection or interception. Passer and player of defender's choice must go in on defense.

Make it a Game: If circle completes 20 consecutive passes then defenders must win two times before they can come out.

KNOCKOUT

Shielding ball from defenders

DRIBBLING



Where they go: Players dribble around 20x20 grid.

- Coach sends in defender who has one minute to knock all balls outside.

• Players must dribble and shield ball from defender, trying to outlast minute.

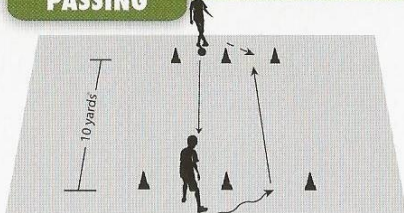
Key Point: Always keep ball close and body between ball and opponent, (illustration).

Make it a Game: When ball is knocked out, that player spends remainder of minute juggling until new game starts.

TWO-TOUCH GATES

First touch, passing

PASSING



Where they go: Partners, opposite each other, 10 yards apart, each standing behind 2 gates created by cones.

- Player receives ball through first gate and, with one touch, plays it into area to be passed back through other gate. Partner receives ball through gate and repeats.

Key Point: Ball is only allowed to be played twice—once upon receiving, and then 2nd touch must be pass. Pass must make it to other gate.

Key Point 2: First touch must be delicate enough to set ball up to be passed. Player must get in proper position to receive ball.

Make it a Game: Which pair of teammates gets most in a row?

PULL BACK TO FINISH

Pull-back passing, shooting

SHOOTING



Where they go: Two goals far enough apart that shot from midfield would be makeable. Two cones at midfield, 15-20 yards apart. Two teams. Team A divided into two groups on either side of one goal, Team B on either side of other.

- One player dribbles to cone in middle of field as if attacking a defender, then cuts across. Player from other side of goal runs in behind. Dribbler pulls ball back, (or back-heels) ball for teammate to shoot. Other team goes next.

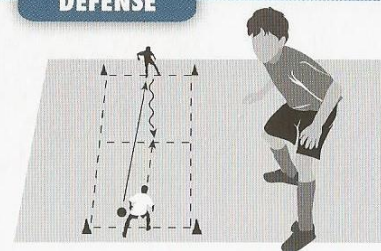
Key Points: When going across field with ball, player must use foot furthest from goal to shield from imaginary defender (above). Shooter should communicate when to pull back.

Make it a Game: First team to 10 goals wins.

GO GET 'EM

Quick, aggressive pressure

DEFENSE



Where they go: Create 20x10 grid, divided in 2. One player at each end.

- Player 1 passes down to opponent who tries to take ball up and past line where Player 1 started. Player 1 defends.

Key Point: Defender should utilize proper body position, (illustration) to shepherd opponent into area of less space.

Make it a Game: Defender gets 2 points for stealing ball or causing out-of-bounds in far grid, 1 point in near grid. Loses 1 point if attacker crosses end line.