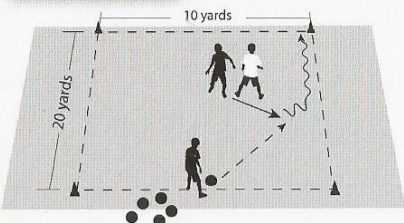


1 V 1 DECISION

Beating defender off pass or dribble

DRIBBLING



Where they go: Player in middle of 10x20 yard grid, tightly marked by defender. Third player, "feeder", with ball at end of grid.

- Player runs off defender and receives ball from feeder. Try to beat defender to far line.

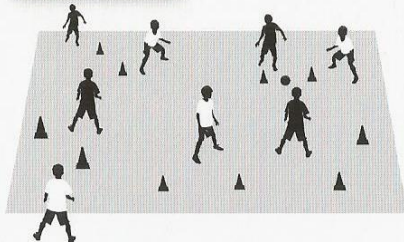
Key Point: Offensive player can pass back to feeder and look to get return pass. Player must make decision to turn on ball or pass back if defender is too tight.

Make it a Game: Ten seconds to dribble past line, while in control. Rotate players. Winner stays in on offense.

MANY GOALS

Passing, receiving, teamwork

PASSING



Where they go: Two equally numbered teams. Use cones to build gates numbering one more than there are players on each team.

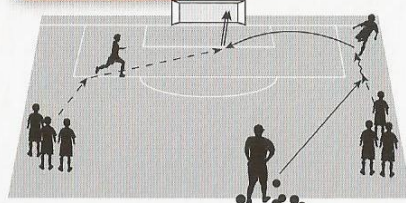
- Object is to get the ball through one of the gates so that teammate on other side receives it.
- Players work on passing and getting open with no more than 3 touches.

Make it a Game: See which team gets most gates in designated time frame.

CROSS AND SHOOT

Crossing, finishing crosses

SHOOTING



Where they go: Two groups of players 20-30 feet from goal; "Crossers" on one side of field, "Shooters" on other. Coach between both groups.

- Coach passes ball ahead to crosser who is running onto it. Crosser one-touches it down the line and, on 2nd touch, crosses to shooter running into goal-scoring positions.
- Shooter should try to finish on one touch.

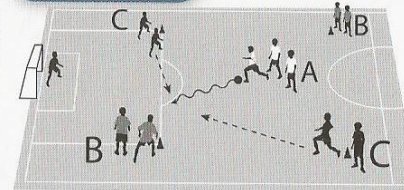
Key Point: Crosser tries to kick outside of ball to spin it away from keeper, towards shooter. Shooter's timing is important: Not too early or too late.

Make it a Game: Score = stay as shooter. Miss = go to crosser.

DEFEND FROM THE BACK

Defensive positioning and teamwork

DEFENSE



Where they go: Three teams. Team A attacking 20-30 yards from goal. Team B with 1/2 at one corner of penalty box and 1/2 diagonally across field 10 yards behind attackers. Team C lined up on corners opposite of Team B.

- Attacker dribbles ball toward goal and tries to score. One player from each group of Team C defends. Attacker can only shoot in penalty area.

• Objective of defender behind ball is to force attacker towards teammate and to try to double-team.

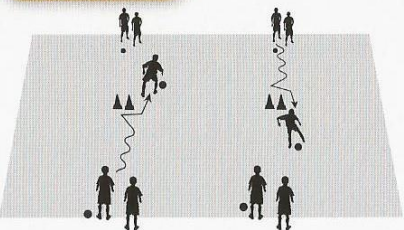
- Team B and C alternate turns. Defenders switch from front to rear each time.

Make it a Game: After each attacker goes twice, rotate Team A to B, B to C, and C to A. Team with most goals after all 3 have attacked, wins.

TAKE ON

Getting past defenders

DRIBBLING



Where they go: Players in lines facing each other, cones directly in middle. Player from each line goes towards opposite line with ball, attacking cones.

- Run directly at cones, as if a defender. When almost within playing distance, fake to go one way, then go other way.

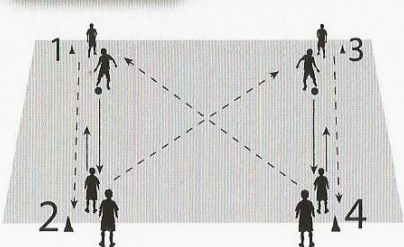
Key Point: Work on different moves and change of pace to beat cones. Also work on turning by coming back to players' own lines.

Make it a Game: On coach's command, players race to opposite line.

FOUR CORNERS

Passing with inside of foot, conditioning

PASSING



Where they go: Four lines. Group 1, with ball, facing Group 2. Group 3, with ball, facing Group 4.

- Using inside of foot, Group 1 players pass across to Group 2 and follow pass. (Group 3 does same with Group 4). Coach should stress passing to feet.

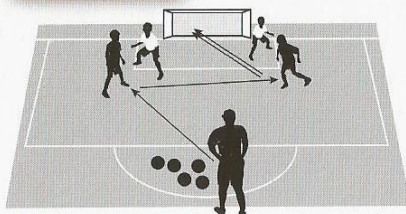
- Groups 2 and 4 pass back to line ball came from, then run diagonally to other opposite line. (Group 2 runs to Group 3. Group 4 runs to Group 1).

Make it a Game: Shift so players pass diagonally and run straight. Countdown from 20. Start over if passed balls hit each other.

FIVE BALL FACEOFF

Quick shooting, defense, conditioning

SHOOTING



Where they go: Two teams of two in penalty area. Coach in arc with five balls.

- Coach passes into penalty area and both teams go for ball. Team with ball goes for goal and other team defends.

- If defense wins ball, they try to score. After each shot, coach passes new ball, until all balls are used up. Then change players.

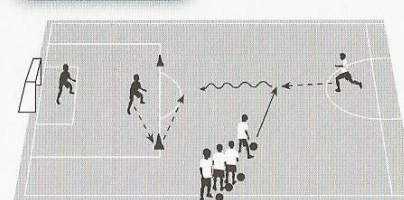
Key Point: Players should shoot any chance they get. Teach quick release to get shots off in tight situations.

Make it a Game: Winning teams of two play off until one champion.

PASSER, ATTACKER, DEFENDER

Recovering into good defensive position

DEFENSE



Where they go: One defender stands at top of penalty area between 2 cones placed equal distance apart. (distance varies by age). Passers line up along flank and pass to a center player (attacker) who is at top of center circle.

- As soon as ball is passed to attacker, defender must touch one of 2 cones. Player with ball tries to rapidly advance ball before defender can get back into position.

- Attacker must dribble past cones before shooting.

Key Point: Defender should try and defend as high up-field as possible, without diving in, and try and force attacker into bad angle.

Make it a Game: Passer goes to attacker, attacker to defender, defender in line to become passer. Player with most goals after ten minutes wins.