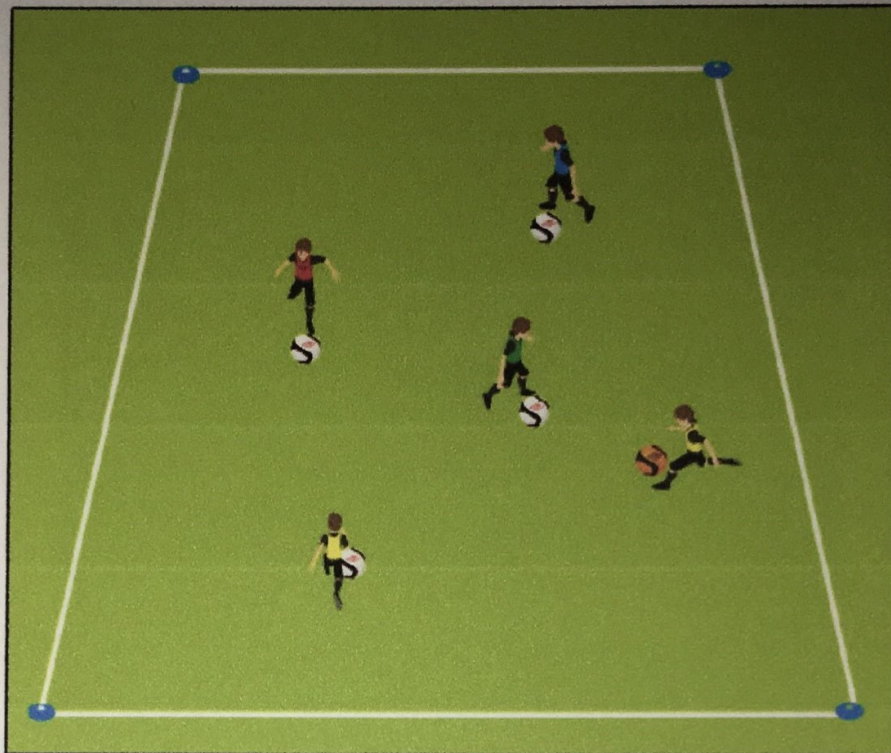



Week One – Warm Up

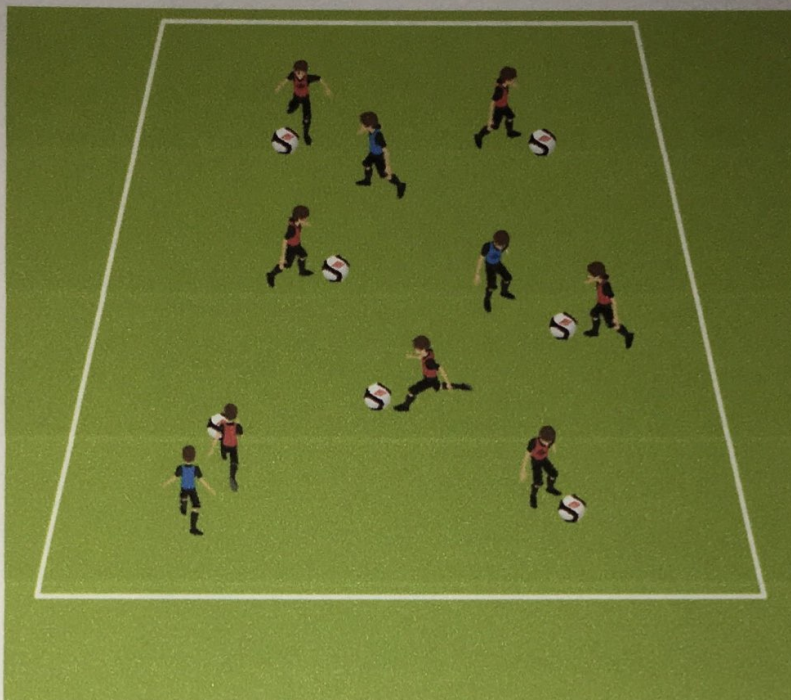
Dribbling Marbles:



- OBJECTIVE:** Learning to dribble in tight spaces
- TIME:** 12-15 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, one ball for each player
- ORGANIZATION:** Every player with a ball
- RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (they are the enemy)
- ACTIONS:** Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-5 and introduce #11 Fake Pullback
U11 Ball Coordination
Review 1-5 and 11
- COACHING POINTS:** Teach  BALL MASTERY
- VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week One – Tech Game

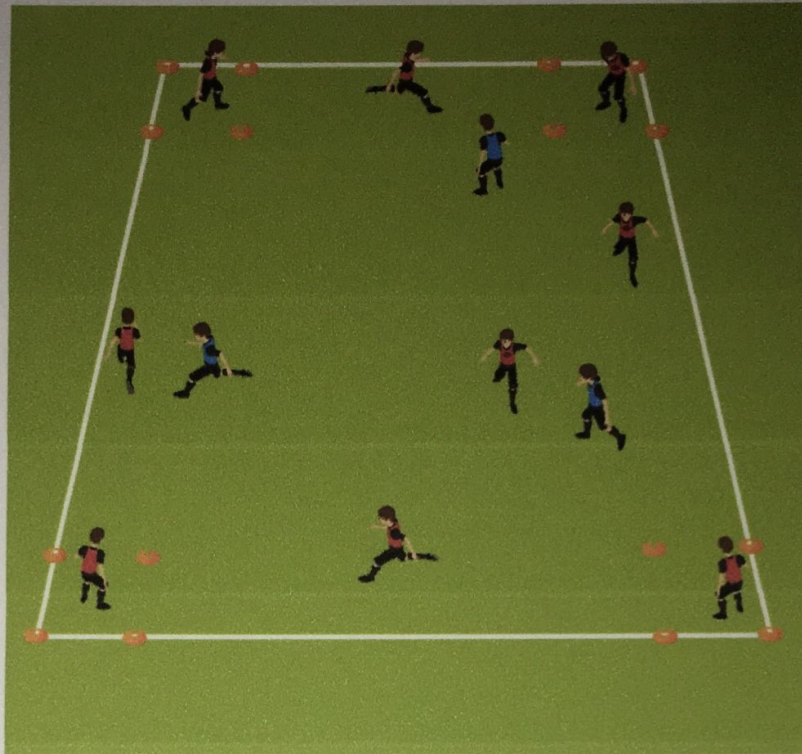
Tunnel Tag



OBJECTIVE:	Dribbling under pressure, Shielding
TIME:	10-15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	4 cones, ball for each attacking player, three pinnies
ORGANIZATION:	Three taggers (defenders), all other players (dribblers with a ball)
RULES:	Maintain control of ball inside grid. Tagger is attempting to touch dribblers ball. If touched, dribbler picks up ball and raises over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 90-120 seconds.
COACHING POINTS:	Dribbling with head up (vision) Maintaining possession of the ball (shielding) Changing direction and changing speed Defenders working as a team
VARIATIONS	How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?

Week One – Fitness

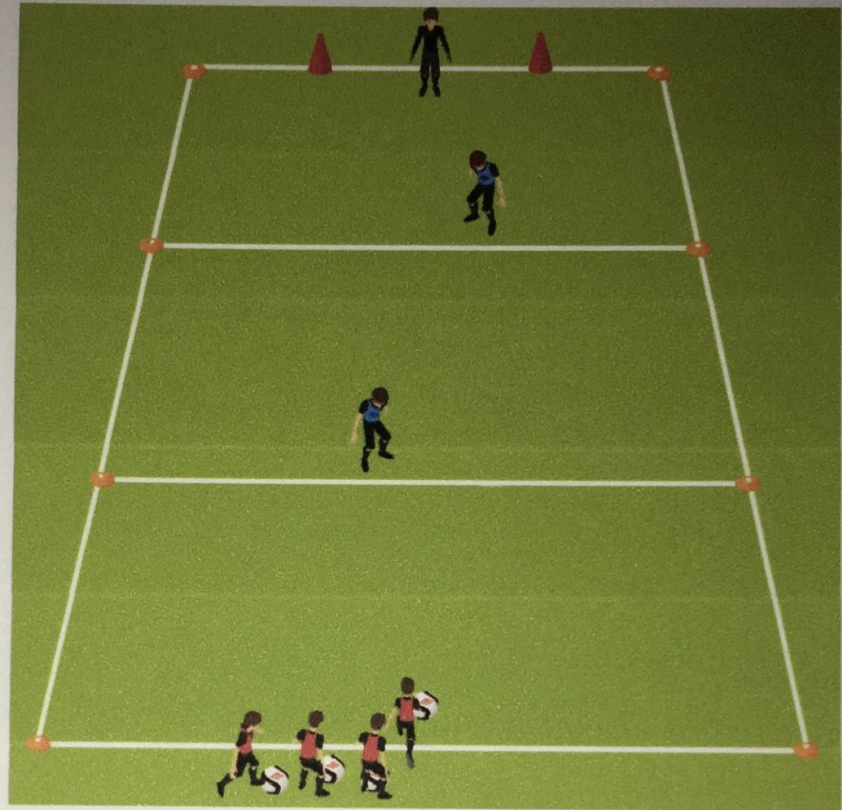
Four Corners Tag



OBJECTIVE:	Improving coordination, speed and agility
TIME:	12-15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	16 cones, three pinnies
ORGANIZATION:	Three taggers, all others are runners
RULES:	Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.
COACHING POINTS:	Changing direction Changing speed Reaction Speed Vision
VARIATIONS	Have runners become dribblers by adding balls.

Week One – Technical/Tactical Game

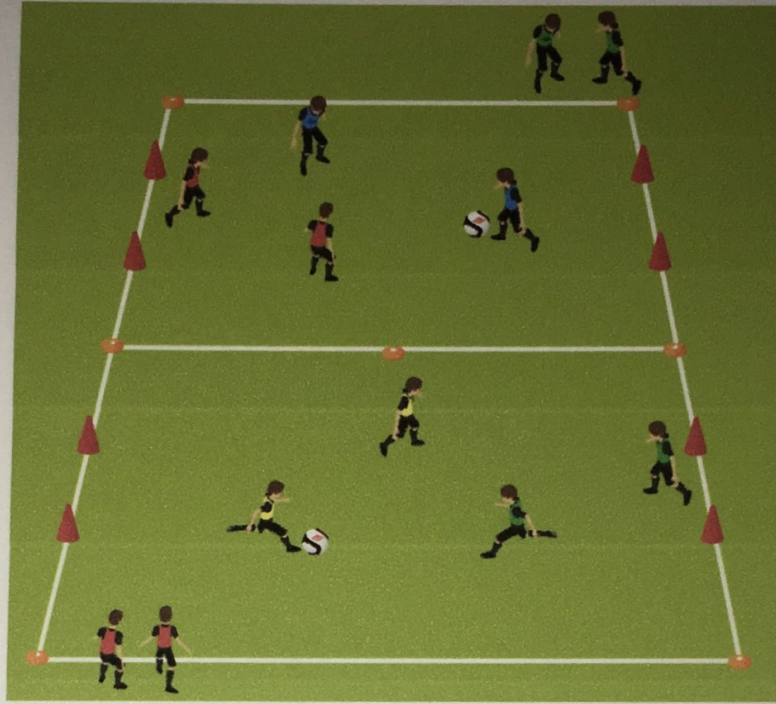
1 v 1 zones to goal



- OBJECTIVE:** Improving ability to go past a defender, Shooting
- TIME:** 12-15 minutes
- GRID SIZE:** 30yds x 15yds vary size by age and ability
- EQUIPMENT:** 8 small cones, 2 large cones, 2 pinnies, supply of balls
- ORGANIZATION:** 2 defending players, 1 gk, the rest are attackers
- RULES:** Attacking player starts play by dribbling into zone. Defending player(s) cannot enter zone until the ball has entered the zone. Attacking player attempts to beat both defenders and shoot on goal. Defender wins ball and passes back to the attacking line. Next attacker dribbles when ball is out of bounds, attacker is out of the 2nd zone, or when defender passes ball back to line.
- COACHING POINTS:** Get past the defender as quickly as possible, via dribble. Shoot on goal (low shot to corners is ideal)
- VARIATIONS** When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack. Defenders rotate with attacker after they win the ball.

Week One – Final Game

2 v 1 + 1



OBJECTIVE:	Improving Combination Play, movement with and without the ball
TIME:	15 minutes
GRID SIZE:	2 grids side-by-side 20 yards (length) x 15 yards (width) goals 5 yards (wide)
EQUIPMENT:	6 small cones, 8 large cones, 6 pinnies
ORGANIZATION	Divide into pairs (six teams). Four teams will play, while two teams rest. Teams rotate in after 3 minutes.
RULES:	Team in possession has two players, team not in possession defends with one, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, both players become attackers.
COACHING POINTS:	Combination play (2 v 1 - wall pass, takeover) Transition from Attack to Defense and Defense to Attack
VARIATIONS	Play 2 v 2 with resting teams as GK Play 2 v 2 without GK