

Week Two – Warm Up

Passing Marbles



OBJECTIVE:	Improving Instep Passing
TIME:	15 Minutes
GRID SIZE:	Start distance between passers 5 yards
EQUIPMENT:	14 cones, one ball per two players
ORGANIZATION:	Two players with one ball
RULES:	Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.
COACHING POINTS:	Approach ball at slight angle Non-kicking foot pointed at target Kicking foot, toe down, laces facing target, ankle locked Strike middle of ball with kicking foot Follow through (show the target the bottom of the shoe)
VARIATIONS	Must use certain foot to pass and/or receive the ball Pass a moving ball (self-pass) to partner Increase distance between passers Have players move around field and pass

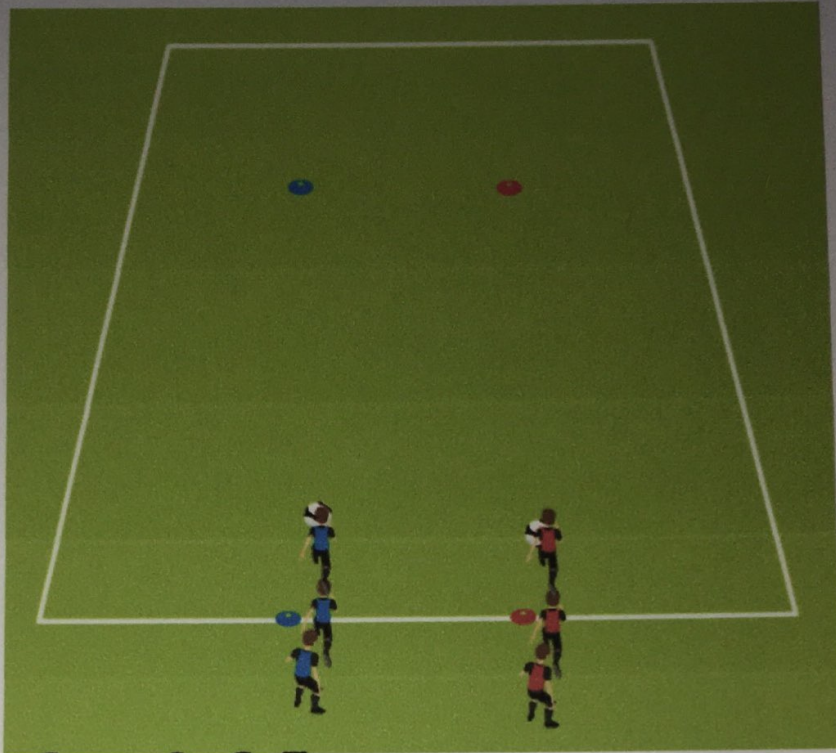
Week Two – Tech Game

Wall Pass Circle



- OBJECTIVE:** Improving passing technique, introduce wall pass
- TIME:** 15 Minutes
- GRID SIZE:** Circle 20 yds (Diameter)
- EQUIPMENT:** 6 cones, balls for 1/2 of team
- ORGANIZATION:** Players partnered up (two's). 1 partner on outside of circle, the other 1/2 in the middle of the circle
- RULES:** Players on outside start with ball. Players inside move around and receive and pass ball back to outside player. Then move to another outside player. Rotate inside to outside 45-60 seconds. Players in middle start with the ball and players on the outside serve as wall passers. PICTURED
- COACHING POINTS:** Proper instep passing technique
Proper inside of foot passing technique
Teach wall pass
- VARIATIONS** Focus on receiving balls (on ground, in air: to foot, thigh, chest head)
Inside player passes ball to outside player and sprints around outside player then receives return pass.

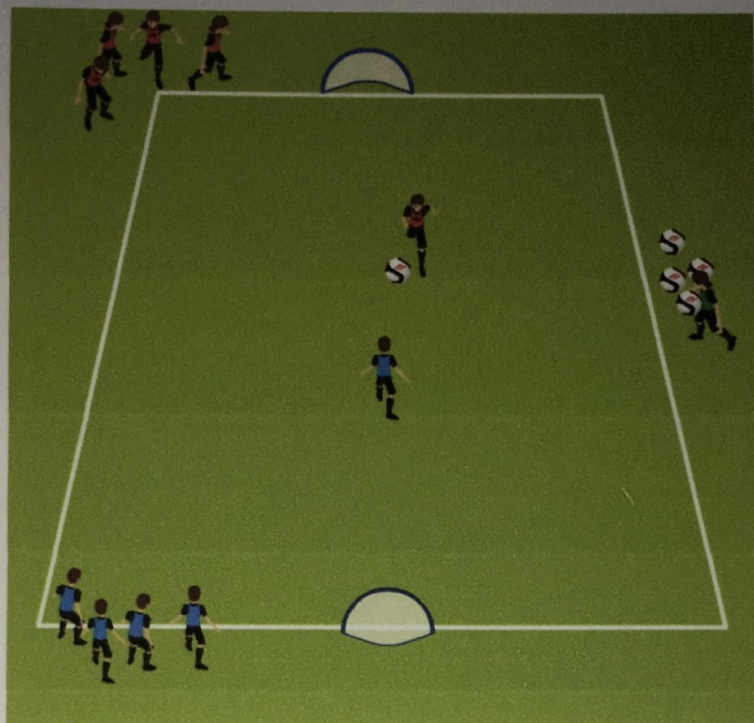
Week Two - Fitness Relay Races



- 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:** Three cones and three balls for three teams (pinnies can be used to differentiate between the teams).
- ORGANIZATION:** Divide into three teams
- RULES:** 1st runner must sprint around ball and back and touch next player to start.
- COACHING POINTS:** Strong Effort
- VARIATIONS**
- Run backwards
 - Skip
 - Jump over ball twice
 - Somersault
 - Start on stomach
 - Start sitting

Week Two – Technical/Tactical Game

1 v 1 Steal the Bacon - to goal



OBJECTIVE: Improving ability to go past a defender; Combination Play (wall pass, takeovers, overlaps)

TIME: 15 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls

ORGANIZATION: Team divided in half; one team attacking, the other defending

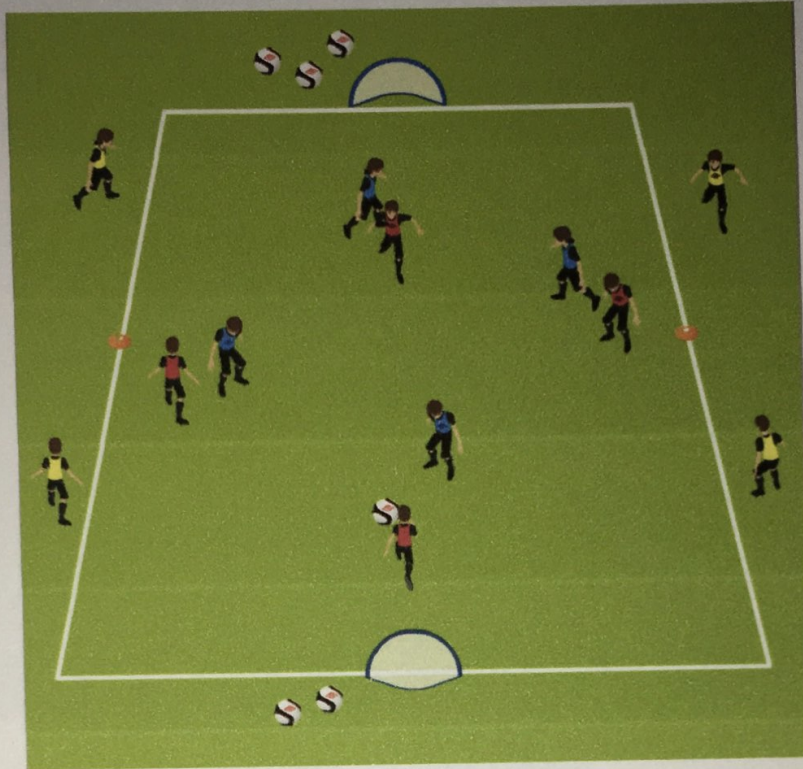
RULES: Two players (attackers) play against one player (defender) to goal
Attacking team starts play by dribbling in to neutral zone.
Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession

COACHING POINTS: Get past the defender as quickly as possible, via dribble or pass.
Look for wall pass opportunities
Shoot on goal (low)

VARIATIONS
Add a goalkeeper to the defensive team
Add a 2nd defender to defensive team
When defending player wins ball, he dribbles off the field

Week Two – Final Game

4 v 4 + 4



- OBJECTIVE:** Creating game situations, utilizing numerical advantage
- TIME:** 15 minutes
- GRID SIZE:** 30 yards (length) x 20 yards (width), goals 7 yards (wide)
- EQUIPMENT:** 6 small cones, 4 large cones, 4 pinnies
- ORGANIZATION** Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team.
- RULES:** Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.
- COACHING POINTS:** Pass to open players, use neutral players if necessary
Team shape - Diamond (organize when ball is out of play)
Combination play (wall pass)
- VARIATIONS** Limit # of touches (two touch max., 3 touches max.)
Game to one goal, winning team stays on.