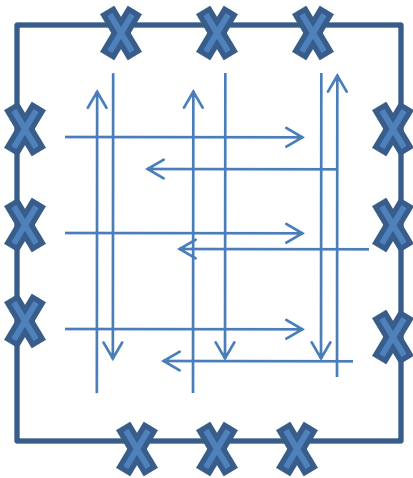
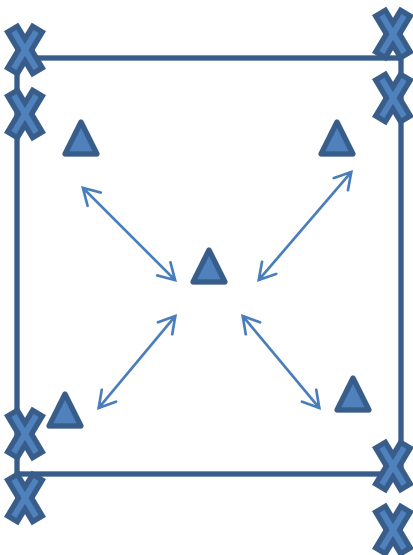


Two players and 1 ball. The players should be about 10 yards apart. The player with the ball starts the soccer exercise by passing to the other player. After making the pass they run towards the other player as though they are applying defensive pressure. Then add additional fakes



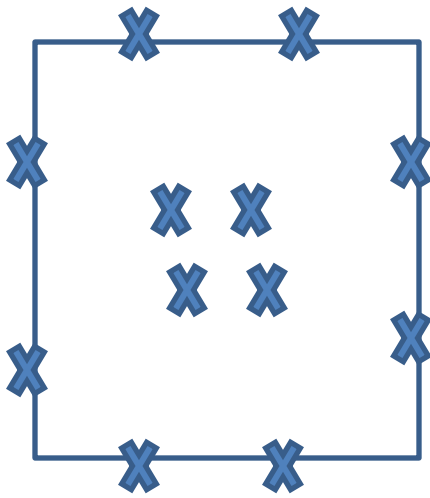
Each Player has a ball and dribbles across grid avoiding other players. Have them dribble there and back in the second stage. Third stage see if they can knock the ball out



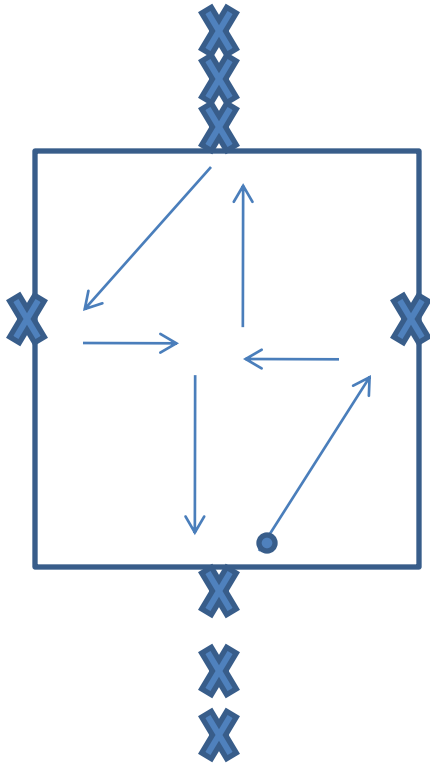
Players dribble towards the cone and do a pull turn and go back to their starting cone.

Players then do a scissors and go back to original cone.

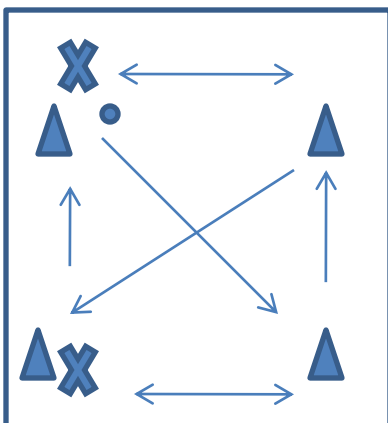
Next stage , players cut to right and move to next cone. Add different tricks. Last stage reverse flow of players



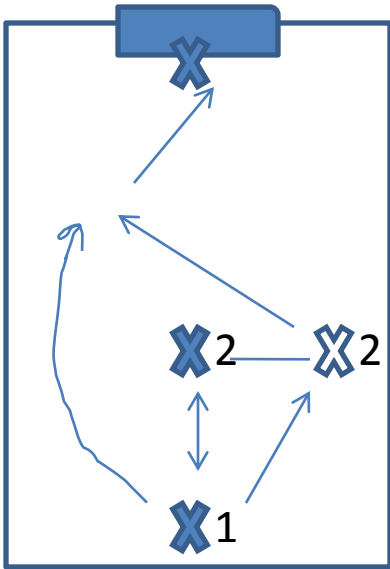
Players on the outside have a ball, players on the inside run to receive a pass and then pass back. Change players. Add receive, turn and pass to an open player



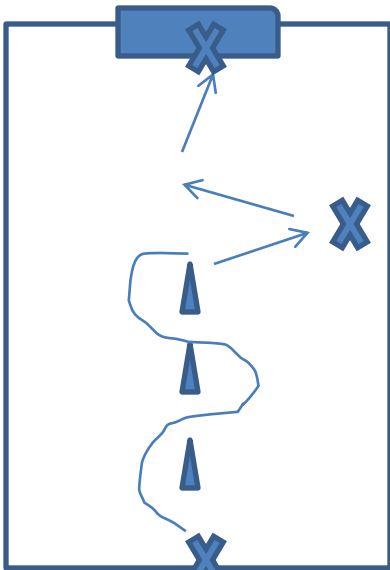
Players, pass to right to outside player, run and receive a short pass. They must then play a longer pass to the players that are directly ahead. Play one ball first and then add a second ball, start at opposite ends.



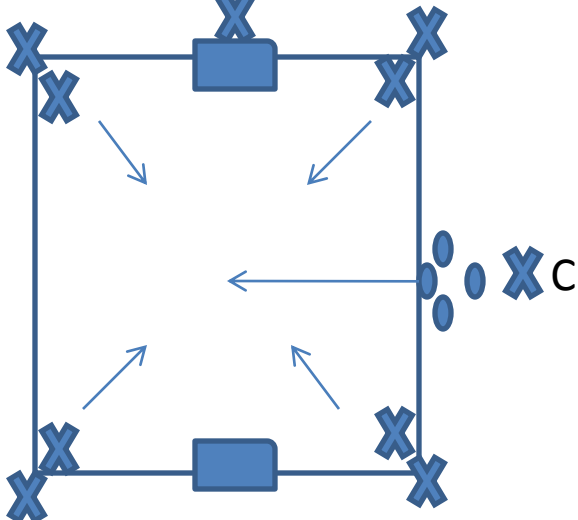
Player 1 with the ball passes diagonally across, other player runs to receive, two touch plays a straight pass, Player 1 runs across and plays another diagonal ball. Player 2 moves side to side, plays a straight pass. After 2 minutes switch roles



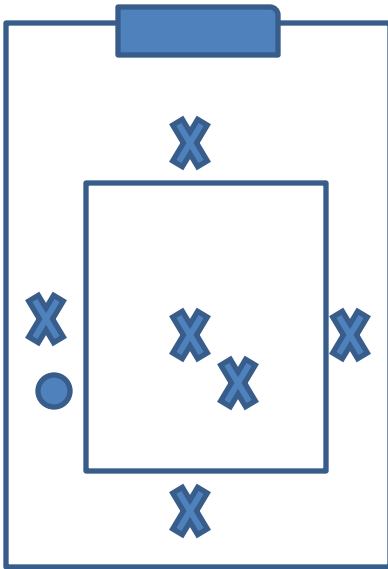
Two players one ball. Player 1 passes to Player 2, receives a return pass and then plays the ball at an angle for player 2 to run to. Player one runs on the left side to receive a pass from Player 2 and shoot. Add switch sides



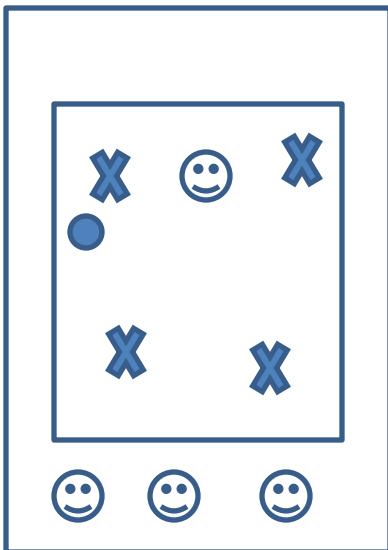
Players dribble the ball through cones, play a one two, or wall pass , take a touch and shoot. Next stage , change angle of cones



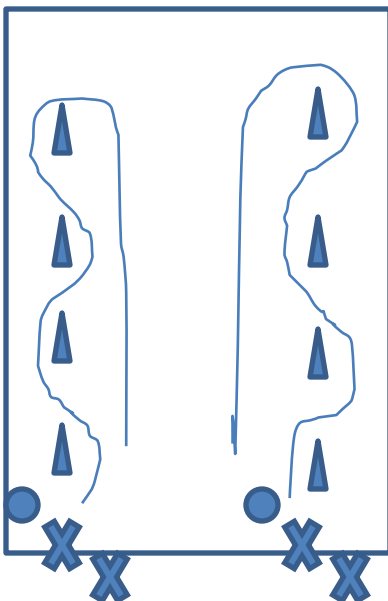
Coach plays one ball into middle , all 4 players try to get ball and score in any goal. Next step, make it a 2v2 game score in any goal, then make it a directional game



Play 4v 2 , initially with the outside players playing outside of the grid and the defenders staying inside, then move all players to inside grid



Play 4v1 , keep away, if team gets to 5 passes in a row , send in another defender. Then if breaks down , change out teams



Relay races, dribble in and out of cones , then play a 5yd pass. Variations, dribble the ball and leave at the cone for next player to bring back, then next player takes and continue the game