



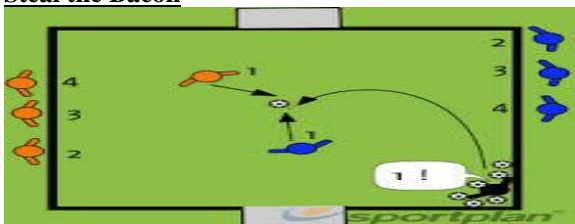


DIAGRAM	ORGANIZATION	KEY COACHING POINTS
<p>Players Dribble in Grid</p> 	<ul style="list-style-type: none"> • Dribble in grid- Coach Calls Out Command • Foundation, Toe Touches, Roll R/L, Inside/Outside Right, Inside/Outside Left, Inside/Outside Switching Feet, Inside 360, Outside 360 Add Change of direction- Outside cut, inside cut, pull back, cryuff, heel Add step overs and scissors, fake step, 	<ul style="list-style-type: none"> • Get the kids used to touching the soccer ball w/ all surfaces of the feet.
<p>Dribble Keep Away from Partner</p> 	<ul style="list-style-type: none"> • Players Dribble in Box-Have one ball between two players. Go for 30-40 seconds and whoever has ball when you stay stop wins. Make loser do something funny like spell name with elbow or head 	<ul style="list-style-type: none"> • Head up, keep the ball close to you, dribble away from pressure or beat them. Vision and awareness of space to go to. Emphasize head up or they will run into each other.
<p>Pass w/partner Technique on the Move and Gates</p> 	<ul style="list-style-type: none"> •The players are 10 yards apart. Coach command- Trap and pass same foot, then trap and pass with opposite foot, then one touch. B)Continue passing and moving around the grid C) Add gates 3 or 4 more than you have groups. Go for one minute and see how many gates they can pass through. 	<ul style="list-style-type: none"> • Toe up and heel down with ankle locked on all passes and traps. Try and receive ball across body on trap.
<p>Dribble Gauntlet 2v1</p> 	<p>There are two lines of players w/ one line having balls and then there is 2 defenders between cones that can only stay on the cone line. 1 defender is 7 yards from the players w/balls and the other is 15 yards from the off line. The players w/balls try to beat both def then shoot into the pug or goal. Switch def every 2 min B)Can start with 1 off then do 2</p>	<p>The def is stuck to a line so use speed to go at them then touch to the side where the space is. Advanced fake then go to side w/more space. Keep the ball close cause once you beat the first defender there is a second one. Then shoot quickly toe down and ankle locked.</p>
<p>Steal the Bacon</p> 	<ul style="list-style-type: none"> • Put players into two teams and number them off. Put two goals out one on each end. The players stand on each side of the coach. The coach rolls a ball in then calls out a number and they try to score. Keep team score. • B)Call out multiple numbers so 2v2 or 3v3 	<ul style="list-style-type: none"> • Same points head up keep ball close look to dribble into space away from defenders. Use moves to get by them. If stuck look for the pass toe up and heel down for pass and trap.
<p>SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!</p>		

