Coaching Points:

* Proper technique for passing and receiving
* Communicate
* Angles of Support
* Speed of play

Speed Drills - 1 foot in each space, 2 feet in each space, side to side shuffling, bunny hops,

Make one line of speed drills then count 6 steps and make a 6x6 box go 6 steps away from the box and make another line(see below) Players will do speed drills and meet in the box. 1 line is the tagger and the other line tries to avoid being tagged. Both players stay in the box until a player is tagged and then you move on with the next group.

X X

X x x x x x x x x x x x

X X

4v1 – Create a 10x15 yard box. 4 players work together to keep the ball away from the defender. When the defender steals the balls he switches with the player he stole it from and play resumes.

2v1 across Endline – Make the grid slightly bigger from the above activity. 2 attackers must try to score one defender by dribbling the ball across the line under control. Divide team in half. Team 1 attackers, team 2 defenders. After 4-5 minutes switch the groups. Keep score so it makes it more competitive.

Endzone game – Set up a 30x40(bigger if needed) Grid with 5 yard endzones on each side. Divide your team half. Each team tries to score in the opponents endzone by dribbling the ball across (You can progress to passing it to a teammate in the endzone). After you score you keep the ball and flip sides of the field so now you are trying to score in the opposite endzone.

Scrimmage.