* Coaching Points –
  + Dribbling with the ball close to your body, under control.
  + Using different surfaces to touch the ball.
  + Dribble with your head up.
  + Change your speed when you get past a defender

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

Passing Gates – Put players in pairs. Set up gates (Not in a straight line but spread out. Have players practice passing to each other using proper receiving and passing techniques. Pass with the inside of the foot, heel down, toe up. Receive with the inside or outside o the foot, not the bottom of the foot. Make it a competition by timing the group and seeing how many passes each pair can get.

Now have pairs race around to all the gates passing through them to see how many passes they can connect while moving and talking. Make it a competition by timing the group and seeing how many passes each pair can get.

2v1 to goal – Split the group in half – attacking team and defending team. The attacking team should make two lines about 25-30 yards from goal. The defending team should have a line 5 yards to the side of the goal. You or the defending players can pass a ball out to the attacking team and you play 2 attackers vs 1 defender going to goal. Make sure to put a keeper in the goal. I always have my defender play keeper after he has defended one round. After 5 minutes switch the two groups.

Scrimmage