






DIAGRAM	ORGANIZATION	KEY COACHING POINTS
<p><b>Players Dribble in Grid</b></p> 	<ul style="list-style-type: none"> <li>• Dribble in grid- Coach Calls Out Command</li> <li>• Same Beginning moves. Keep Change of direction-Outside cut, inside cut, pull back, cryuff, heel. Adv add step overs and scissors Also add fake step right, left and both, also fake kick and Step on then go. Add Ronaldo Chop and pull scoop. Juggle</li> <li>• Play Freeze Tag</li> </ul>	<ul style="list-style-type: none"> <li>• Get the kids used to touching the soccer ball w/ all surfaces of the feet.</li> </ul>
<p><b>Dribble Beat Cone and Shoot</b></p> 	<ul style="list-style-type: none"> <li>• Have two lines and half of your team in each. Be 15-20 yards out. They dribble beat the cone then shoot.</li> </ul>	<ul style="list-style-type: none"> <li>• Key is body over the ball plant foot next to the ball and finish towards the goal. Toe should be pointed down, ankle locked and land on kicking foot. Hit middle of laces.</li> </ul>
<p><b>1v1 to Goal</b></p> 	<ul style="list-style-type: none"> <li>• One line of attackers with balls and one line of defenders without balls the off lines dribbles and tries to beat the defender and shoot into the pug.</li> </ul>	<ul style="list-style-type: none"> <li>• Head up, keep the ball close to you, dribble away from pressure or beat them. Vision and awareness of space to go to.</li> </ul>
<p><b>2v1 to Goal</b></p> 	<ul style="list-style-type: none"> <li>• 2v1 to Goal- Two lines of attackers with balls and one line of defenders without balls the off lines dribbles and tries to beat the defender and shoot into the goal. Can use two cones as the goal. After 2:30 minutes switch off and def. Play 3 rounds</li> </ul>	<p>Key is picking when to pass and when to dribble then using correct surface to pass and receive.</p>
<p><b>3v2 to Goal</b></p> 	<ul style="list-style-type: none"> <li>• 3v2 to Goal- Three lines of attackers with balls and two lines of defenders without balls the off lines dribbles and tries to beat the defender and shoot into the goal. Can use two cones as the goal. After 2:30 minutes switch off and def. Play 3 rounds</li> </ul>	<p>Adding an extra defender now the attacker must pick the open player and try to create a 2v1 quickly or a 1v1.</p>
<p><b>SCRIMMAGE:</b> Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!</p>		

