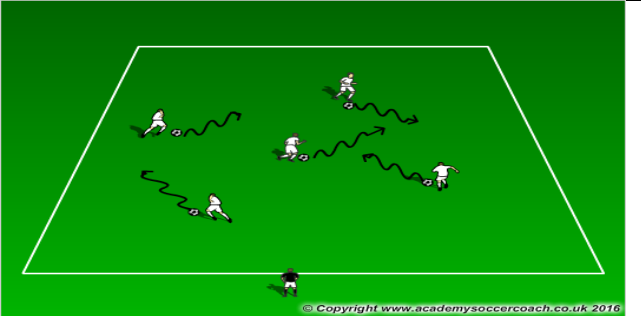
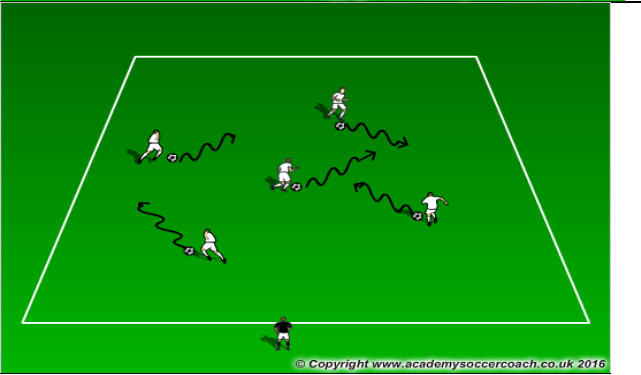
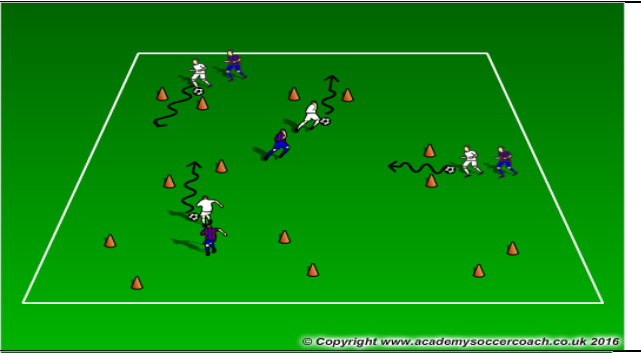

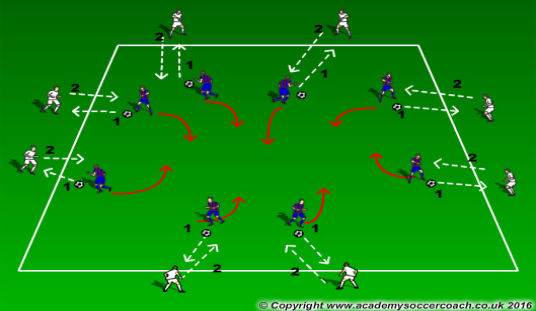
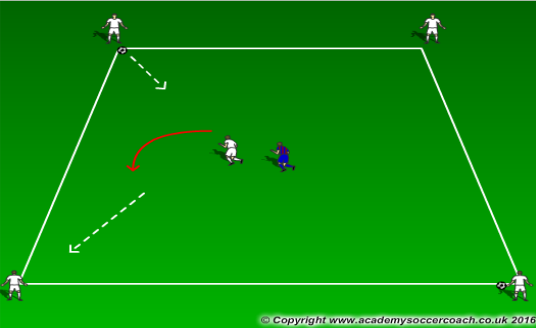


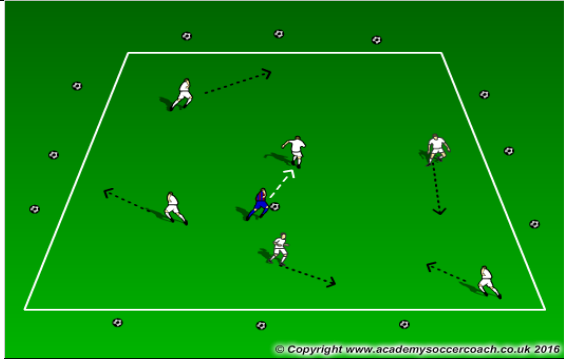
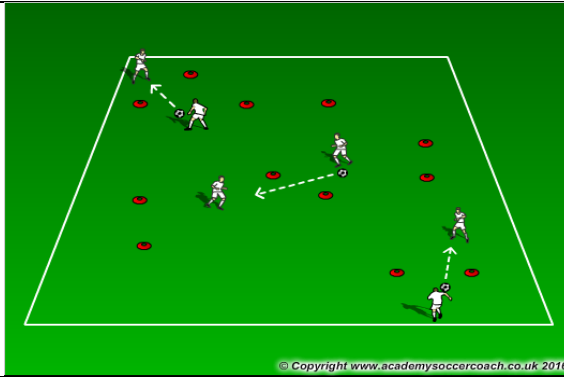

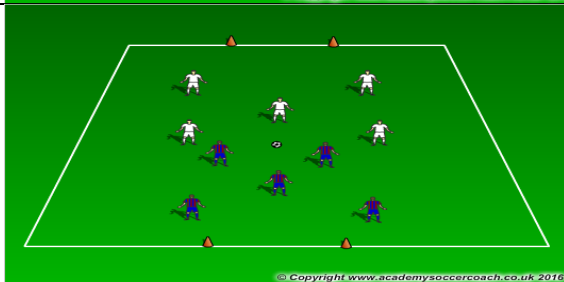


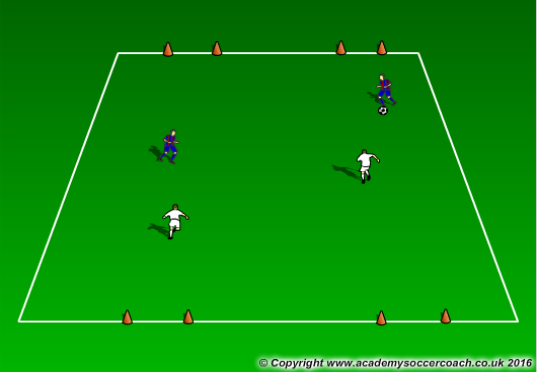
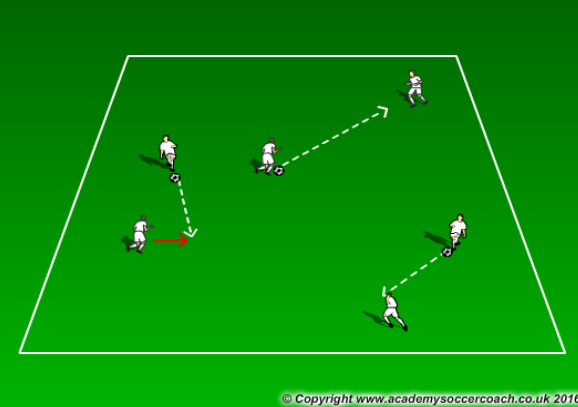
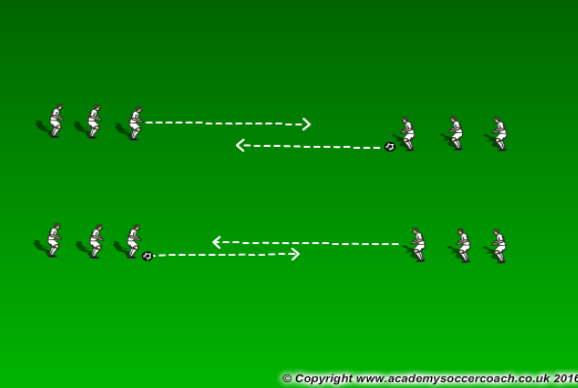
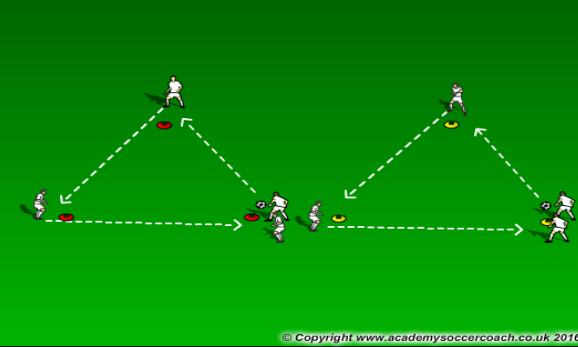


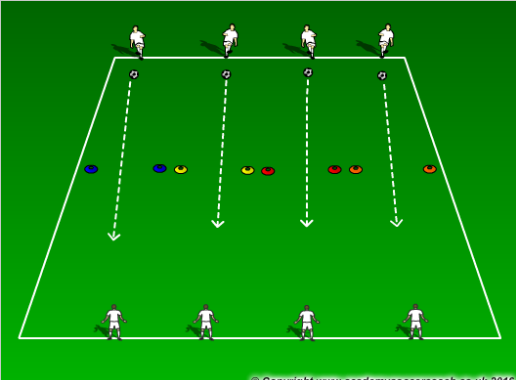
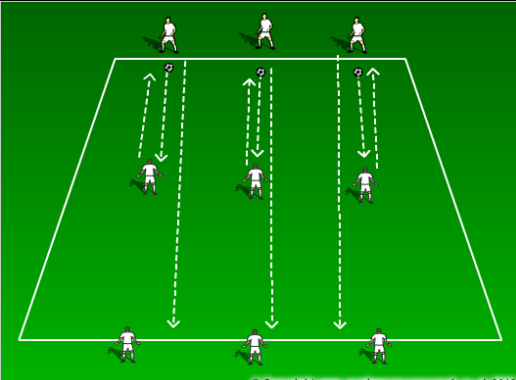
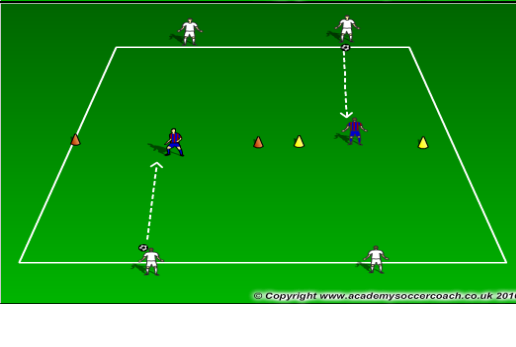
Stage 1(Dribbling)	Activity Description	Diagram	Coaching Points
Activity 1 : Free Dribble	Warm Up: 20 x 20 yard grid. 1 Ball per player. Players dribble freely in grid. On coaches signal they do a move or turn (drag, cut, chop, step over, etc)		<ul style="list-style-type: none"> • Quickly change direction. • Use both feet. • Small quick touches. • Head up.
Activity 2: Dribble Tag	<p>Use same grid as above. Players will dribble freely and try to tag another player while dribbling. If tagged player has to demonstrate a move and is back in the game.</p> <p>Variation: see how many tags they can get in a certain time frame</p>		<ul style="list-style-type: none"> • Head up. • Small touches. • Quickly Change Directions. • Use both feet.
Activity 3: 1v1 battle to multiple goals.	Grid Size should be 30 x 20 yards. With 6 5 yard mini goals. 3 pairs should be in grid. Each pair will have a ball and will be passing back and forth. On coaches signal "GO" player with ball will try and dribble through as many goals as they can in 30 sec. I defender steals ball they immediately try and dribble through goals.		<ul style="list-style-type: none"> • 1v1 confidence. Make a move. • Quick transition. • Change direction. • Turning • Be physical.
Activity 4: Game Play 5v5 or 6v6	Scrimmage: 5v5 or 6v6 in a 30 x 50 field.		<ul style="list-style-type: none"> • Encourage kids to take touches. • Don't stop play very often. • Encourage nice moves and turns. • Help facilitate their team shape (Positions)



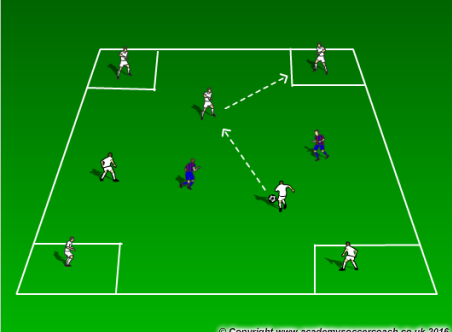
Stage 1 (Receiving)	Activity Description	Diagram	Coaching Points
Activity 1: Receiving and turning.	In a 20 x 20 yard grid. Have half the players in the middle of grid start with the ball the other half of players will position themselves around outside of grid. Players in the middle pass a ball to a player on the outside of grid who plays it right back to the player who passed to them. The player who then get the ball back must turn and find a new outside player. Switch every few min. Have players use certain turns each round.		<ul style="list-style-type: none"> • Be prepared to receive ball. On balls of feet, knees bent, and arms out. • Use a different surface areas of foot to receive pass. • Check over shoulders before receiving pass. • Approach ball at an angle.
Activity 2: 1v1 to corner players.	Set up a 15 x15 yard grid. There will be 6 players. 2 players in the middle with no ball. One is designated on offense the other on defense. The other 4 players will be standing in the corners. 2 will be without a ball and two will have a ball. Player in the middle on offense will try and get open for a pass from one of the corner players with a ball. When they receive ball they will try and play the ball to a corner player who does not have a ball. They cannot pass back to the player who just passed to them. If defender steals ball they become offensive player. Switch every few min.		<ul style="list-style-type: none"> • Be prepared to receive ball. On balls of feet, knees bent, and arms out. • Use a different surface areas of foot to receive pass. • Check over shoulders before receiving pass. • Approach ball at an angle. • Use fakes and feints with upper body to give misdirection. • Push off defender with arm subtly to create space.
Activity 3: 4v2 Keep away	Grid size is 30 x 20 yards. Four offensive players try to keep the ball away from two defenders. 3 consecutive passes equals a goal. Defenders win ball they try and dribble out of grid. 1pt if successful. First team to 3 points win. Trade out defenders.		<ul style="list-style-type: none"> • Soft first touch. • First touch away from pressure. • Control pass. Head up. Make decision. • Play simple by playing the way you face. • Other players should be encouraged to move off the ball
Activity 4: 5v5 or 6v6 Scrimmage	Scrimmage 5v5 or 6v6 in a 30 x 50 yard Field		<ul style="list-style-type: none"> • Encourage Touches. • Play away from pressure. • Compliment nice first touches. • Head up.


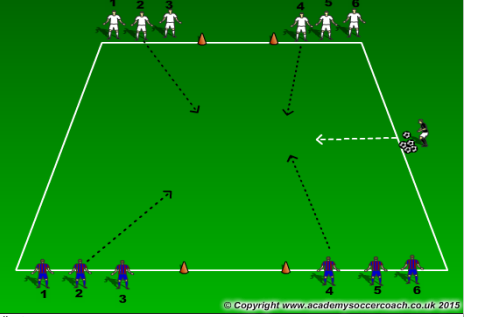
Stage 1 (Passing)	Activity Description	Diagram	Coaching Points
Activity: Pac Man	Warm up game. Set up a 20 x 20 yard grid. Place all the ball around the outside of grid. One player(Pac Man) will start with the ball and dribble and try and pass and hit the players without a ball. If a player is hit beneath the knee they get a ball and join pac man.		<ul style="list-style-type: none"> • Head up when dribbling. • Quick short passes with the instep or outside of foot. • Heal down and toes up when passing. • Step into pass. • Have fun.
Activity 2: Gate Passing.	Set up a 30 x 30 yard grid. Players will partner up with one ball. Within the grid there will be 4-6 5 yard cone goals. Players start between a gate and do 2 touch passing. Coach gives signal and yells "1" they one touch back and forth. When coach yell "Go" they pass and move the ball through the gates. Coach yells "2" find a gate back to two touch.		<ul style="list-style-type: none"> • On balls of feet. • Prepare ball forward a little no dead balls. • Lock ankle. • Heal down Toes up. • Step into pass. • Strike just above midline of ball.
Activity 3: Keep Away	In a 40 x 30 yard grid you will split the team in half. One team will be in the grid with 3 balls. The other team will line up behind a corner cone. Every 10 secs you will send in one player from the team on the cones to be a defender. The defenders try and knock the balls away and out of bounds from the offensive team. Once all 3 ball are gone the teams switch. Time and see which teams can keep the ball the longest.		<ul style="list-style-type: none"> • Spread out. • Keep head up. • Pass and move. • See open pass early. • Take touch away from pressure. • 1 and 2 touch passes.
Activity 4: 5v5 or 6v6 Scrimmage to multiple goals.	Set up a 30 x 50 yard field. Have multi goals that are 6 yards wide.		<ul style="list-style-type: none"> • Encourage players to take a touch. Then look to pass. • Pass and move. • Play the way you face. • Quick short passes. • Look to switch point of attack.

Stage 1 (Defending)	Activity Description	Diagram	Coaching Points
Activity 1: Keep away	Set up a 35 x 25 yard grid. Everyone has a ball except for two players. The two players without a ball try and steal a ball. If they steal one the player who lost the ball now become the defenders. To easy add another defender.		<ul style="list-style-type: none"> • Stay low and pressure the ball. • Get into players with shoulders and hands. • Head up.
Activity 2: River Pirates	In same grid as above coach or a player starts in middle of field without a ball. The rest of the players start on the end line with a ball. On coaches signal players try to dribble from one end line to the other without losing ball. If player loses ball or dribbles out of bounds they join the first defender.		<ul style="list-style-type: none"> • Approach dribblers at an angle. • Avoid diving in. • Move feet and stay low. • Step through tackle.
Activity 3: 2v2 Multi goal game.	Same grid size as above. Set up two small 2x2 goals on each end line. Kids will play 2v2 to multi goals.		<ul style="list-style-type: none"> • First defender should pressure ball. • Second defender should provide cover at a 45 degree angle. • Angle of body position. • Communication. "I got ball" • Be aggressive. • Step and drop. First defender steps second defender drops.
Activity 4: Scrimmage. 5v5 or 6v6	Set up a 30 x 50 yard field.		<ul style="list-style-type: none"> • Encourage immediate pressure on ball. • Everyone should mark up behind the ball. • Complement great defending.

Stage 1 (Passing)	Activity Description	Diagram	Coaching points
<p>Activity 1: Warm up. Passing and moving.</p>	<p>In a 20 x 20 yard grid. Half the players will have a ball and half will be without a ball. Players pass and move freely within grid.</p> <p>Variations: must take a certain amount of touches before pass. Demo a move or turn before pass.</p>		<ul style="list-style-type: none"> • Keep head up. • Heel down toes up. • Step into pass. • Lock ankle. • Keep ball moving.
<p>Activity 2: Passing Rows</p>	<p>In a 20 x 20 yard grid. Have players face each other 5-10 yards apart in groups of 3. First player in one line has a ball and passes to the opposite line and follows pass.</p> <p>Variations: Touch pass, one touch, touch at angle and pass, touch across and pass.</p>		<ul style="list-style-type: none"> • Soft first touch. Keep ball moving. • Pick up to find teammate. • Lock ankle. • Step into pass. • Move quickly after pass.
<p>Activity 3: Passing Triangle Race</p>	<p>Set up triangles that are 10 x 10 yards. Position players on all cones. First player will pass then follow pass and take player spot.</p> <p>Players should play two touch. Make it a race.</p>		<ul style="list-style-type: none"> • Prepare ball towards target. • Use outside foot to receive ball and pass. • Play ball slightly in front person you are passing too. • Communicate and call for ball.
<p>Activity 4: Scrimmage. 5v5 or 6v6</p>	<p>Set up a 30 x 50 yard field with two goals.</p>		<ul style="list-style-type: none"> • Don't over coach. • Encourage kids to take touches before passing. • Call for the ball when you are open

Stage 1(Ball Striking)	Activity Description	Diagram	Coaching Points
<p>Activity 1: Ball Striking Through Cones</p>	<p>Set up a line of cones 6 yards apart. For players to strike the ball through. Position two players between cones about 10-15 yards away from each other. Players will then proceed to strike the ball through the cones back and forth to each other using two touches.</p>		<ul style="list-style-type: none"> • Lock ankle. • Use inside, outside, and laces of foot. • Strike through the ball. • Non-kicking foot is placed parallel to the ball.
<p>Activity 2: Flighted ball.</p>	<p>In same set up as above you will add one player to middle. Player on outside will pass to the middle player who will pass it back. Player on outside will then try to play first time a flighted ball over middle player to opposite teammate. Switch players every few minutes.</p>		<ul style="list-style-type: none"> • Lean back when striking ball. • Strike ball underneath the midline. • Plant leg should be slightly behind ball. • Follow through towards target. • Open striking foot slightly.
<p>Activity 3: Grounders game.</p>	<p>Same set up as above. Except player in middle can act a goalie. Players on the opposite side try to play the ball past goalie by hitting a firm ball on the ground. 1 pt for goalie if they stop ball. 1 pt for players on the outside if they get ball past on the ground. Focus on instep and laces. First team to 5 wins and then rotate goalies.</p>		<ul style="list-style-type: none"> • Strike ball above midline to keep it down. • Use laces or instep. • Hit through ball. • Lock ankle. • Plant foot should be parallel to ball.
<p>Activity 4: Scrimmage. 5v5 or 6v6</p>	<p>Set up a 30 x 50 yard field.</p>		<ul style="list-style-type: none"> • Encourage kids to attack and take shots. • Let them play and don't over coach.

Stage 1 (Possession)	Activity Description	Diagram	Coaching Points
Activity 1: Link tag.	Set up 20 x 20 yard grid. Have 3 kids be taggers. When a tagger tags someone they link arms and the chain grows. They work together to try and tag the other free people.		<ul style="list-style-type: none"> • Communication • Change of Direction
Activity 2: 4v2 keep away	Set two 15 x 20 yard grids. There will be 6 players in each grid and will play 4v2 keep away. 3 consecutive passes = a point.		<ul style="list-style-type: none"> • Pass and move. • Head up. • Take touches • Talk • Play the way you face.
Activity 3: Squares	Set up a 30 x 40 yard field. Make 4 small squares and have 1 player stand in each square. Divide remaining players to create a numbers up situation. Offensive team scores by passing to a player in a square. Cannot go to same square twice in a row. Defensive teams scores by dribbling ball out of grid. Switch roles every few min.		<ul style="list-style-type: none"> • Play the way you face. • Focus on keeping head up. • Take first touch away from pressure. • Pass and move. • Don't stand behind defenders.
Activity 4: Scrimmage. 5v5 or 6v6	Set up a 30 x 50 yard field. Add a variation that team can score by making 3 consecutive passes.		<ul style="list-style-type: none"> • Don't over coach. • Encourage players to keep head up and play the simple ball.

Stage 1: (1v1 play)	Activity Description	Diagram	Coaching Points
<p>Activity 1: Free dribble</p>	<p>Set up a 20 x 20 yard grid. All players will have a ball and will dribble freely. Coach calls out a move or turn and players demo.</p>		<ul style="list-style-type: none"> • Explosive movements. • Look to change direction. • Dribble with both feet. • Head up. • Use a variety of surfaces of the foot.
<p>Activity 2: 1v1 gate game.</p>	<p>Make a 30 x 30 yard grid. Set up 6-8 3 yard gates with cones. Players partner up with one person starting with the ball. Play 1 min rounds. Player with ball tries to dribble through as many gates as he or she can within a min. If they lose ball player who steals it tries to dribble through cone gates. 1 pt for every gate they dribble through.</p> <p>Play rounds against different players.</p>		<ul style="list-style-type: none"> • Shield ball. • Feint and fake. • Look to quickly change directions. • Keep ball close to foot. • Small touches. • Be deceptive.
<p>Activity 3: Numbers Game</p>	<p>In same grid as above make two teams with even numbers. Each team players will be allocated a number. (1,2,3, 4, etc..) Coach calls out the number 1 each teams number 1 will run out on to field and they will play 1v1 to goal or endline. If coach calls out number 2 and 4 the numbers 2 and 4 from each team will run out and play a 2v2 match.</p> <p>One team should be in pennies.</p>	 <p>#s Game.</p> <p>Coaches you will split up into groups 12 then split into two teams of 6. Each team 6 players will be given a number 1, 2, 3, 4, 5, and 6.</p> <p>The coach will be on the sideline with balls. The coach will call out "Numbers 1 and 4" Both teams players who have the numbers 1 and 4 will run out and play a game of 2v2 and try to score.</p> <p>Coach can create a variety of different playing situations from a 1v1 to a 6v6. Please make sure that one team has pennies.</p>	<ul style="list-style-type: none"> • Quickly get onto field. • Take players on at an angle. • Isolate 1v1 opportunities.
<p>Activity 4: Scrimmage 5v5 or 6v6</p>	<p>Set up a 30 x 50 yard field.</p>		<ul style="list-style-type: none"> •

