



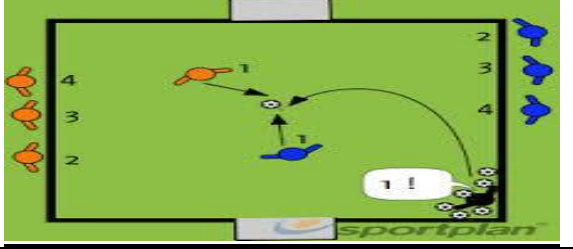


DIAGRAM	ORGANIZATION	KEY COACHING POINTS
<b>Players Dribble in Grid</b> 	<ul style="list-style-type: none"> <li>Dribble in grid- Coach Calls Out Command</li> <li>Foundation, Toe Touches, Roll R/L, Inside/Outside Right, Inside/Outside Left, Inside/Outside Switching Feet, Inside 360, Outside 360 Add 1 move Fake Step</li> <li>B) Play follow the leader. Coach leads</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>
<b>Sharks and Minnows</b> 	<ul style="list-style-type: none"> <li>Coach calls out go and the Red Sharks here try to get the blues ball if they kick it away that blue becomes a shark.</li> <li>The last person with their ball still on blue wins.</li> <li>B) Can change it up by having the shark switch the minnow if they steal it.</li> </ul>	<ul style="list-style-type: none"> <li>Head up, keep the ball close to you and be able to stop quickly.</li> <li>Make sure to look for defender and use moves to beat them or dribble into space. May need a big touch to get away and cut off touch once you beat them.</li> </ul>
<b>Dribble Gauntlet</b> 	<ul style="list-style-type: none"> <li>There is a line of players w/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</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>Pass w/partner Technique</b> 	<ul style="list-style-type: none"> <li>There are two players 10 yards a part passing back and forth.</li> <li>Commands- Trap and pass same foot, trap and pass w/opposite foot, 1 touch</li> </ul>	<ul style="list-style-type: none"> <li>Toe up and heel down on the trap and pass. Use inside of your feet for all passes and traps.</li> </ul>
<b>Steal the Bacon</b> 	<ul style="list-style-type: none"> <li>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.</li> <li>B)Call out multiple numbers so 2v2 or 3v3</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SCRIMMAGE:</b> Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!		

