* 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

Make a square 20x20 with a cone in the middle. Equal number of players on each corner. Players dribble to middle cone perform a turn. Emphasize a burst of speed after the turn. Turns will be done with both feet. Outside of the foot, inside of the foot cut, reverse (sole on top of ball pull back), step-over turn, cryuff (behind the leg).

hooting Game off of turn – Place two cones 15 yards away from the goal. Make 2 lines 7-10 yards behind those cones. First player in each line goes to cone. Teams go one at time. Player in line passes it to player on the cone. Player on cone collects the ball then performs a turn. You can dictate which turn they do or you can let them experiment on their own. After they turn they shoot. After you shoot you race to the goal and play keeper. After keeper you get a ball and go back to your line. The opposing line can begin as soon as the first line shoots.

Steal the bacon – make a field 40x25 with a small cone goal on each end. Divide players into teams of 4 or 5. Number off players and have them stand on a cone near their goal. You stand in the middle on the sideline with all the soccer balls. Play a ball in the grid and call a number. The player from each team with that number will go to the middle and compete 1v1 trying to score on the other teams goal. You can call out 2 or 3 or all the numbers at a time to mix it up.

Scrimmage