



### 1) Minutes 10-15: DRIBBLING GATES

Set Up: In a small area, set out several “gates” (two cones through which kids will dribble) using uniform or varying colored gates for progressions. The gates should be spread out and face different directions. Every player will need a ball to optimize touches on the ball.

#### DRIBBLING GATES

When the coach says “go”, each athlete should dribble through as many gates as possible using their Right/dominate foot. For competition, have the athletes count how many gates they can get through in the allotted amount of time. (they cannot go through a gate that is already being occupied by another). After allotted time, they should do the same thing with their left foot. Now try to encourage different progressions provided below:

*Progression 1: If you set up more than one color gate, tell the players after going into the “yellow” gates they must now go to the other color of gates, so they have to get their heads up and change directions.*

*Progression 2: While “in” the gate, the players must complete 6 touches (e.g. ball taps, foundations/pendulums, ball rolls, V-pulls, or scissor step overs) before moving onto another gate*

#### WATER BREAK

### 2) Minutes 10-15: PASSING SQUARE

Set Up: For this drill, you will need to set up a 15x15ft square (if you have 10 or more athletes set up two squares/drills so the lines are not long). The square(s) need one cone or pole at each corner, and a player at each pole/cone, but at least TWO athletes at the starting cone. Each Drill will only use one ball.

- *If you do not have enough players (10) to do two squares, just continue to set up with your five players aforementioned, then add the remaining athletes to the line with TWO as that is where the ball will start.*

## PASSING SQUARE

Starting at the first cone using ONE ball, the athletes will pass counter clockwise around the OUTSIDE of the cone, opening up with their *back foot\**, and *passing with proper passing technique\**. This should also be done clockwise so the athletes use the opposite foot. See some possible progressions below.

*Progression 1: If able to have two groups at once, have them race to see who can get to the start the most times during an allotted amount of time.*

*Progression 2: When it is their turn to receive the pass, encourage them to start at the cone/pole, then separate away from the “defender”, calling for the ball.*

*Progression 3: After receiving the ball, the athletes can take a touch into space, dribble half way, then pass the ball to his teammate*

*Progression 4: When the ball is passed, have the receiver bounce pass\* the ball back to the original passer, then do a wall pass/give and go\* around the cone/pole*

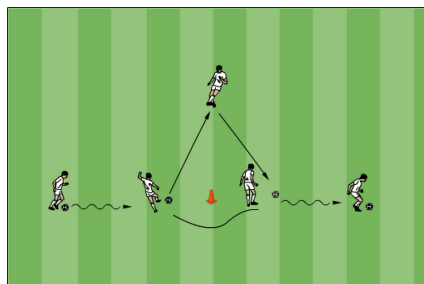
*\*Back foot is the foot that is opposite the direction from where the ball came, and usually the foot that is already on the side to which you are about to pass the ball.*

*\*Proper passing technique includes instep/inside of the foot, ankle locked up, plant foot beside ball facing the “target”*

*\* Bounce pass is when you one touch the ball directly back to the passer*

*\* Give and Go:*

*“Give” the ball to a teammate, then “Go” make a run to receive the pass back; usually performed around a defender*



## WATER BREAK

### 3) Minutes 10-15 TWO BOX RONDO\* POSSESSION

Set Up: Set up a field approximately 30Lx15W yards, with cones down the middle as a “half” Have your athletes bring all the balls to you, placed just off the field at half behind one sideline. Divide your team equally using pinnies to differentiate the teams.

*\*A Rondo is any possession-oriented game/drill which uses offset numbers to find advantages on the pitch, and/or for increased success offensively.*

### **TWO BOX RONDO POSSESSION**

Your team should be evenly divided into two teams (add an all-time offensive player if you have odd numbers, he can roam into each box); each team has a half that is their offensive half. Play the ball into either team, the objective is for them to successfully tie 4 passes together in order to score as many points as possible. But while passing around their offensive grid, the other team SENDS over one defender, who is trying to win the ball and play it back to his own half/team. When he successfully does this, he returns to his offensive half and tries to tie passes with his team to score points, meanwhile the opposing team has sent in a defender. If the ball goes out of bounds, the coach should pass a ball to the team that did not hit it out of bounds and the play proceeds from there.

*Progression 1: If they've been successful, require more passes for a point*

*Progression 2: Send in two defenders rather than 1*

*Progression 3: Make a wall pass 1 or 2 points (in addition to the 4 passes) to encourage creative play*

### **WATER BREAK**

#### **4) SCRIMMAGE**

It is always fun to finish with a scrimmage, so they can apply what they've learned that day in game scenarios. Here are some additional "challenges" for your teams when scrimmaging (application of these are up to you)

- Require a certain number of passes for the team to complete in each possession before they can score
- Require them to "switch the field of play" reaching both wings before they can score
- Make an all time offense for more offensive success and often better possession

#### **5) DEVOTIONS- WEEK ONE**

**Finish in Prayer**