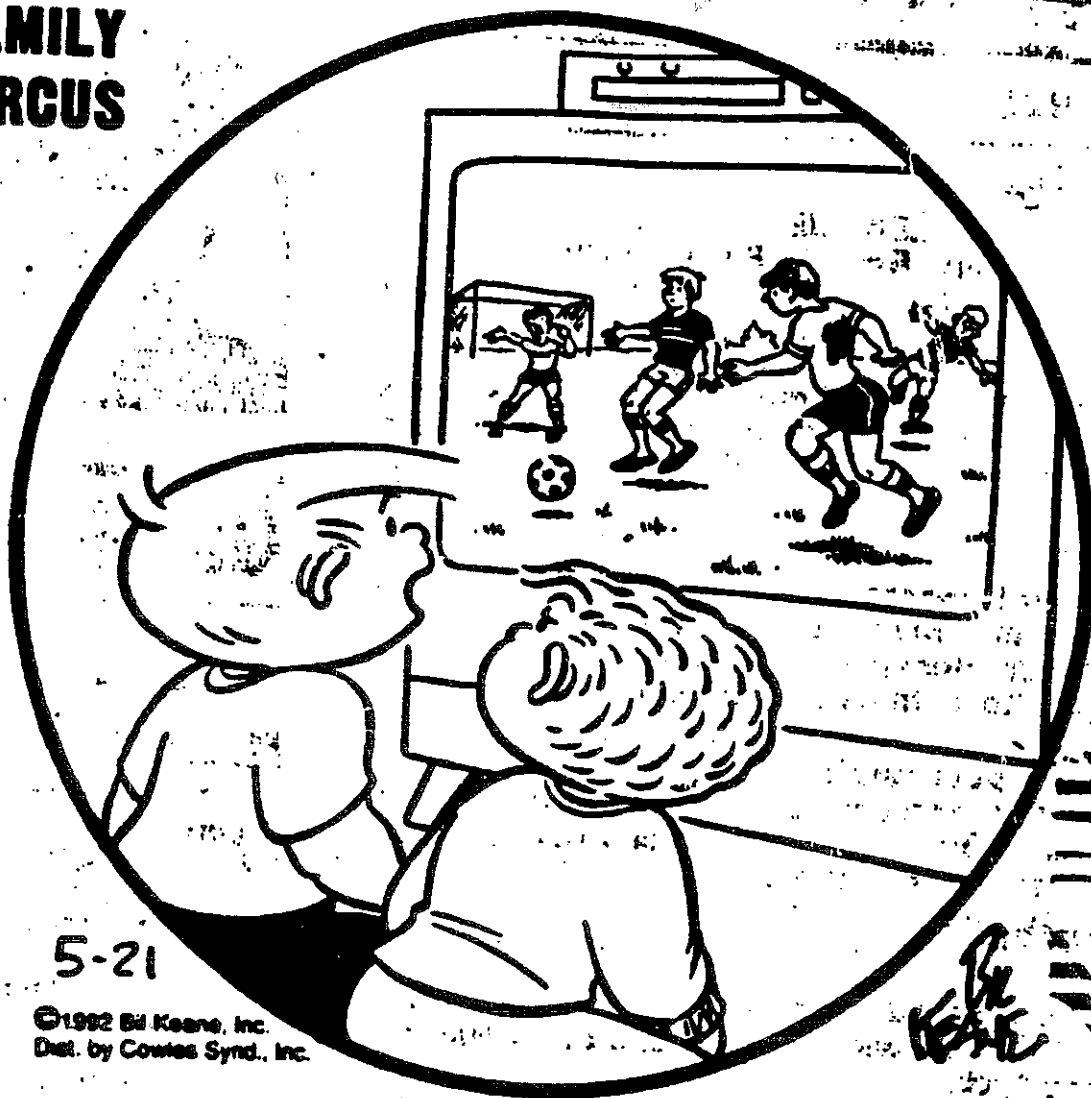


# FAMILY CIRCUS



5-21

©1992 Ed Keane, Inc.  
Dist. by Cowles Synd., Inc.

Ed  
Keane

**"The reason they can play that good is their parents aren't yelling at them from the sidelines."**

# Dakota Alliance Soccer Club

## Training Program for U7's – U8's

---

### TRAINING REGIMEN AND GUIDELINES

#### *Focus is on "Individual Technical Skills"*

The U7's and U8's focus is still on footwork and developing a comfort level with the ball at their feet. Their world is beginning to broaden and they understand that the team is no longer just themselves and their one buddy. It's expanding to knowing their coach, their team name and club they are associated with. Clearly levels of ability are beginning to be noticeably different among the players. There are early and late developers and the ones that are earlier in their development are showing signs of physical advancement. We cannot forget about the importance of technique at this age. Coaches should not try to teach young players about tactics at this age. This will lead to frustration both for the players and the coach. The focus for U8 players should be learning technique, especially dribbling. Just let them play!!!

#### **HIGH Priority**

1. Continue to have fun and develop a passion for the game.
2. As many touches on the ball as possible, however including more of game like situations, such as 1v1, 2v1 and 2v2
3. Games still need to be a huge part of development and the continued use of tag games that require, chasing, immediate pressure and immediate escape are crucial!

#### **LOW Priority**

1. No lines, laps and/or lecture
2. No large group activities

#### **Player Expectations**

1. Acquiring fine motor skills and further developing gross motor skills
2. Developing a strong sense of worth, self esteem and confidence

#### **Player Characteristics**

Coaching six, seven, and eight year olds will require special considerations for their overall readiness. U8 players have not developed enough physically, mentally, psychologically or socially to meet the challenges that older players can. Coaches need to remember that they will be dealing with all different kinds of learning styles and maturities of their players. Some characteristics include:

1. Essentially self-oriented
2. Relate to a friend or two and not to large groups.
3. Are concrete and immediate thinkers who pay attention to one task at a time.
4. Cannot judge distance or speed and are still developing concept of time and spatial relationships.
5. Have short attention spans. Coaches need to organize "fun" and "engaging" activities (limit idle time, standing in lines at practice). Participation becomes more important so activity is still vital in practices as well as substations in games. Incline more towards group activity.
6. Submit to the "swarm effect".
7. May start to develop a basic game sense and make "tactical decisions" that include passing the ball with a purpose.
8. Are starting to build coordination.

#### **GOALS AND EXPECTATIONS**

1. ***EVERY session should be fun!!!***
2. ***Players are encouraged to get as many touches on the ball as possible.***
3. ***Making every player technically confident on the ball with both feet.***
4. ***Keep comments for practices and games positive!***

# Dakota Alliance Soccer Club

## Training Program for U9's – U10's

---

### TRAINING REGIMEN AND GUIDELINES

*Focus is on "Individual Technical and Tactical Skills"*

#### **HIGH PRIORITY**

1. *Individual technical skills (Ball mastery)*
2. *Individual attacking and defending skills*

#### **LOW PRIORITY**

1. *Team results*
2. *Positional play*

#### **TECHNICAL**

- Foot skills introduced – demonstrate the different surfaces of the foot and what can be accomplished using those surfaces.
- Focus on passing, receiving, dribbling and shooting with consistent instruction on technical aspects ---- Demonstrate the skill – Break the skill down – Demonstrate the skill
- Introduce heading – differentiate between offensive and defensive heading
- Individual attacking – emphasize change of direction and change of speed
- Individual defending (footwork, tackling)
- Introduce touch restrictions (3 touch play, 2 touch play)

#### **TACTICAL**

- **1 v. 1** Attacking - Taking players on and shielding the ball
- **1 v. 1** Defending - "Pressure"
- Combination play – (1-2's / take-over)
- Movement off the ball – (Support)

#### **GENERAL CHARACTERISTICS**

- Peer pressure becomes a factor in relationships
- Players begin to embrace competition and want to play
- Identity with a team becomes important

#### **GENERAL PHYSICAL CHARACTERISTICS**

- Players' balance and coordination becomes more enhanced (less falling down)
- Players can begin to perform more complex skills

#### **GOALS AND EXPECTATIONS**

1. ***EVERY session should be fun, motivating, competitive and involve "transition"***
2. ***Making every player technically confident on the ball with both feet.***
3. ***Players are encouraged to get as many touches on the ball as possible.***
4. ***One session in three should be dedicated to 1v.1 or 2v.2.***
5. ***Every training session should include some type of 'homework' for players to perform.***

# COACHING U-8 AND U-10 SOCCER

Practice #1:

Warm-Up

"Daytona 500"

**10 minutes**



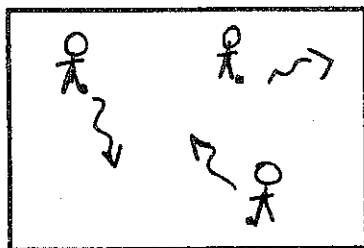
- Grid 15 X 20 for 10-12 players.
- All players have balls.
- Players dribble within the track, listening to the instructions of the "race director".
- Instructions may be:
  - (A) "Red" players stop;
  - (B) "Green" players go;
  - (C) "Yellow" players slow
  - (D) "Gas" players speed
  - (E) "Change" players must change direction.
- When players collide, move outside the track, or ball collide, they must retire to the "pit area" to repair their car.
- Coach determines what the "repair" will consist of. I recommend "x" number of touches using fast footwork.

@  
STRETCH  
@

**5-8 minutes**

- Body => Objectives:
- 1) Get players comfortable with ball at feet.
  - 2) Dribbling in confined area.
  - 3) Get players to listen to coach's instructions.

Activity #1: "Body Part Dribble" **5 minutes**



- Grid 20 X 20 for 10-12 players.
- Each player has a ball.
- Players dribble within the grid. When the coach calls out a "body part", players stop the ball with that part.

@  
Water Break  
@

**2 minutes**

Activity #2: "Math Dribble" **3-5 minutes**

- Set up same as above, but open grid to 25 X 25.
- Players dribble throughout the grid. The coach will call out a number OR math problem. Players must quickly get into those groups.
- When coach calls "Freeze", players who don't have a group OR those in the wrong size groups must perform some penalty (ie. fast footwork, ball touches, etc.).

Activity #3: "Attack of the Blue Meanies" **5-10 minutes**  
(or whatever colored vests you have!!)

- Set same as above. Grid 25 X 25.
- Each player has a ball.
- Two players designated as "Blue Meanies". They also have ball.
- **On command**, the "Blue Meanies" try to tag players with their hands.
- See who can avoid being tagged.
- The last two alive are the "Blue Meanies" for the next game.

Scrimmage 1 v 1, 2 v 2, or 3 v 3.

20 minutes

**TOTAL:**

Warm-Up	10 minutes
Body-Act #1	5 minutes
Act #2	5 minutes
Act #3	10 minutes
Water x2	5 minutes
Stretch	8 minutes
Scrimmage	<u>20 minutes</u>
	63 minutes

Practice #2:

Warm-Up

“Shadow Dribble”

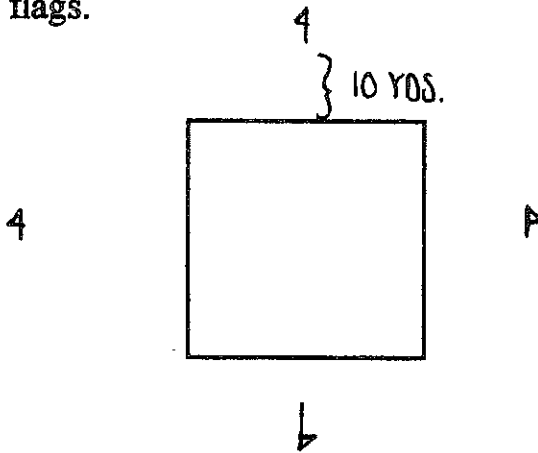
**5 minutes**

- Grid that is 40 X 40 or half-field.
- Each player has a ball or 1 ball per two people.
- Players in groups of two.
- One player is designated as “leader”. The other player tries to follow the “leader” while dribbling the soccerball.
- Change roles after 1 minute. Do this 2-3 times even changing partners.

“Everybody’s It!”

**5 minutes**

- Grid 40 X 40 with flats or cones 10 yards beyond grid.
- Each player has a ball.
- On command, each player tries to tag each other on the knee or below the waist.
- When a player is tagged, they must dribble around one of the flags.



@ STRETCH @  
@ @

**5-8 minutes**

- Body => Objectives:
- 1) Fast footwork.
  - 2) Get players comfortable with ball at feet.
  - 3) Introduce kicking ball with laces.

Movement #1: "Pendulums" 20-25 minutes

- Each player has a ball.
- With the ball on the ground, we want to "push" the ball from one foot to the other, using the inside of the foot.

Coaching Points:

- A) Knees should be slightly bent. We want "bounce".
- B) Keep ball slightly in front of body. \*\*If ball gets underneath body, we tend to get off balance.\*\*

Movement #2: "Push-Pulls"

- Each player has a ball.
- With the instep (laces) "push" forward.
- With the sole of the foot "pull" backward.

- Level:
- 1) Do exercise with one foot at a time.
  - 2) "Hop" on one foot while doing "push-pull".
  - 3) Push-Pull alternating feet.

Coaching Points:

- A) Toe down slightly to inside "tension".
- B) Watch pace on ball when pushing.

Movement #3: "Taps"

- Each player has a ball.
- Players "tap" ball with sole of foot, alternating foot.

Coaching Points:

- A) "Quick" feet.
- B) Try not to "move" ball.

Suggestions to increase work rate:

- 1) Designate number of touches per foot to create rhythm.  
Example--2 with left, one with right.
- 2) Once comfortable with exercise, have players work on rolling ball forward, backward, left, right with each touch.

Movement #4:

“Side-steps”

- Each player has a ball.
- With the ball under one foot (right), we project ourselves over the ball so that the opposite foot is now on top of the ball. Like “Taps”, but side-to-side.
- Constant motion from side to side.

Coaching Points:

- A) Keep ball still
- B) “Kwik” feet.

@                      @  
Water Break  
@                      @

between movements #2 and #3.

Kicking

15 minutes

Beginning Instep - In Seated Position

May be performed barefoot or not.

- 1) While seated, try kicking the ball with instep and catch it.
- 2) Try to juggle one with left foot, one with right and catch the ball.
- 3) Start with one and go 2, etc... When you mess up, start over.

Coaching Points:

- A) Note the bone of foot (instep).
- B) Lock ankle--tell players to have “toes away”.
- C) Strike “sweet spot” of the ball.
- D) Flex knee for power.

**\*\*Progression\*\***

- 1) Seated
  - A) 20 Left Foot
  - B) 20 Right Foot
  - C) 20 Alternating Right/Left Foot
- 2) Partners
  - A) 1 Standing, 1 in "crab" position. Standing player drops ball. Seated player tries to kick ball into hands of partner.
    - i) 20 Left Foot
    - ii) 20 Right Foot
    - iii) Switch roles
- 3) Standing
  - A) Drop ball knock it up 20 each foot
  - B) Drop ball knock left foot/right foot
  - C) Juggle one touch - one bounce
  - D) Juggle one touch each foot - one bounce
  - E) Free juggle 1, 2, 3...
- 4) Accuracy
  - A) Players in pairs take turns
  - B) First player drops ball and kicks to partner's chest x10
  - C) Switch roles
  - D) Switch feet

Scrimmage

20-30 minutes

Practice #3:

Warm-Up

6-10 minutes

- Players form 2 lines and jog around field. Coach calls out instructions. Brazilian warm-up without the ball.
- "Knees up" - Players bring knees up and hit hands.
- "Heels up" - Players bring heels up in back and hit hands.
- "Scoop Left" Players scoop to the
- "Scoop Right" ground with hand or
- "Two Scoop" hands.
- "Shuffle Left" Shuffling heel-heel
- "Shuffle Right" sideways.

Coach can create their own.

@ STRETCH @  
@ @

Exercise #1:

"Musical Balls"

5-10 minutes

- In a grid 25 X 25 yards, everyone has a ball except for 1 player.
- When coach says "Play", this player tries to steal a ball.
- When a ball is stolen, that person tries to steal a ball.
- There are NOT take backs!!!
- When coach says "Stop", the person without a ball must do 15 sit-ups.

Exercise #2:

Fast Footwork

20-25 minutes

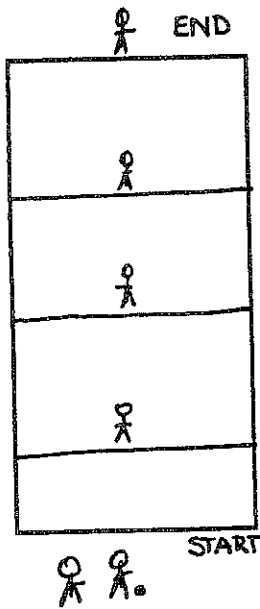
- Pick six movements.
- Demonstrate movement.
- Have players perform at 3 minutes each.

@ WATER @  
@ @

Exercise #3:

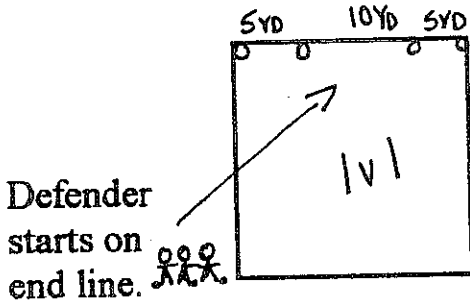
**"Gauntlet"**

**5-10 minutes**



- Grid 15 X 45 yards.
- Players attempt to dribbel through each player.
- Defenders only come alive when dribbler enters grid in front of them.

Exercise #4:



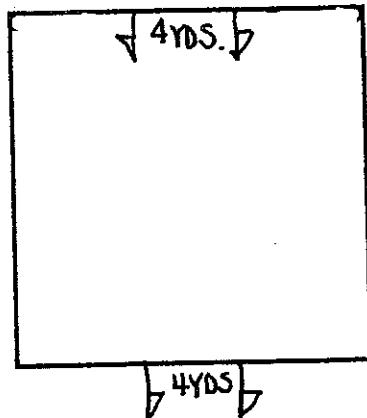
Players attempt to score on either goal by dribbling through it.

@ WATER @  
 @ @

Scrimmage

**3V3 with goalkeepers**

**24-30 minutes**



Field 20 X 25.  
 Change keepers every 3 minutes  
 Everyone plays keeper.  
 Play 2 teams or 2 games.

Practice 4:

Warm-Up

20 minutes

- Review fast footwork from previous session.
- Add 2-3 new ones (See Appendix).

Objectives:

- 1) Dribbling for control.
- 2) Dribbling for speed.

Coaching Points:

- 1) **Control dribbling:** Keep ball close so as to be able to change direction.
- 2) **Speed:** Use instep primarily and allow ball to move away from body so you can run faster.

@ STRETCH @  
@ @

Exercise #1:

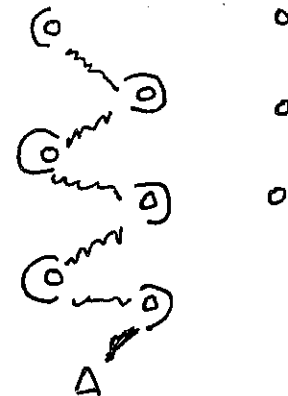
"Slalom Course"

25 minutes



Distance: 15-20 yds between disks. Disks at 45° angle.

- A) When going to left, use left foot. Chop ball across body. Use right foot when going to the right.
- B) When going to the right, use right foot. Go around disk using outside of foot.
- C) When going to the right, use right foot. To change direction, pull ball with sole of foot and dribble with left foot when going left.

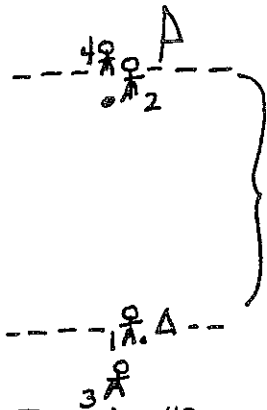


@ WATER @  
@ @

Exercise #2:

**"Speed Dribble"**

15 minutes



- Groups of 4 with 2 balls.
- Player 1 starts by dribbling at speed across opposite line. Player must have control of ball when they cross line. As Player 1 crosses line, Player 2 takes off across opposite line. Exchange ball with Player 3, etc.

35-40 YDS.

\*\*Work on getting players to stop ball on line.\*\*

\*\*Turn this into relays. Winning team is first to return to original spots.\*\*

Exercise #3:

- Groups of 4 with 1 ball.
- Dribble around flat and back.
- Must use **Inside** or **Outside** of foot to go around flag.

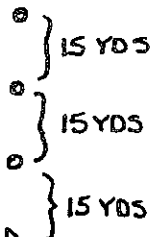


Exercise #4:

**Speed and Control**

Groups of 4 with 3 balls.

Objective: Player 1 must dribble balls one at a time to each disk.



- Player 1 can decide which disks to go to each time.
- Player 2 retrieves balls 1 at a time and again decides which one to get.
- Player 3 dribbles them back out and Player 4 retrieves them.
- Have groups drop to a knee when they are done.

@ WATER @  
@ @

Scrimmage

3V3 and 4V4

20-25 minutes

**TOTAL PRACTICE TIME: 75-80 minutes**

Practice #5:

Warm-Up

10 minutes

**“Keep Away With Hands”**

- If team drops ball, it goes to other team
- No running with ball.
- Play now touch-line to touch-line.
- Goal awarded when team catches ball across touchline.
- All passes must be 10-15 yards.
- No running with the ball.
- Possession changes when ball hits ground.
- No physical contact with thrower.

@  
STRETCH  
@

5-8 minutes

Exercise #1:

**“Slalom Course”**

20-25 minutes

- A) Review last session. Have players go through same movements.

Exercise #2:

**“Slalom Course”**

- A) Left foot only.  
Right foot only.  
Insides.  
Outsides.

@  
WATER  
@

Exercise #3:

“Draw!!”

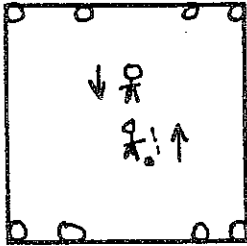
**5 minutes**

Two players face each other like in an “Old West” duel.  
 Coach says “Ready?!? Draw!!!”.  
 Players attempt to “pull” the ball to themselves.  
 Play best of 5 and have players find new partner.  
 Do both feet--right first, then left.

Exercise #4:

“1V1”

**15 minutes**



- 20 X 15 yards with 4 goals at 2 yds.
- Groups of 4--2 play, 2 rest.
- Start play with “Draw”.
- Everyone plays eachother.
- Regroup and play again.
- Everyone plays 6 games.
- Games last 1.5 minutes.

@ WATER @  
 @ @

Scrimmage

3V3 4V4

**20-25 minutes**

Practice #6:

“Fast Footwork”

15-20 minutes

- Pick 6 movements and go 2 minutes each.
- **Demonstrate** and if 1 or 2 players are doing extremely well, pick them to demonstrate.

@ STRETCH @  
@ @

Exercise #1:

“Body Part Dribble”

5 minutes

- Coach calls body part.
- Stop ball with that body part.

Exercise #2:

“Relays”

20 minutes

A) Over-Under

Pass ball over-head and through legs. When last person gets ball, run to front of line.

B) Left/Right

Pass ball by turning left then right. Last person runs to front.

**\*\*Coach decides distance\*\*** 30 - 40 yds. is good.

C) Dribbling Relay (Slalom)

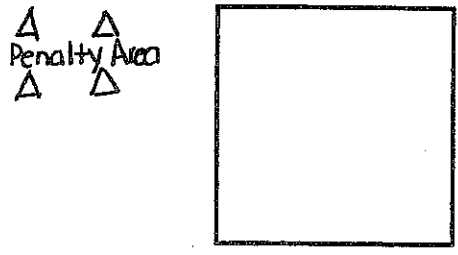
- 1) Left foot only.
- 2) Right foot only.
- 3) Insides only.

Exercise #3:

“Knock-Out”

10 minutes

- Grid 15 X 15 yds.
- Each player dribbles around, attempting to kick players balls out of grid.
- When a player has their ball kicked out, they go to penalty area where they perform 25 touches -fast footwork-.
- They can then re-enter the game.



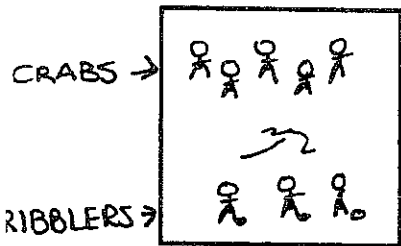
@ WATER @  
@ @

△ △  
Penalty Area  
△ △

Exercise #4

“Crab Soccer”

10 minutes



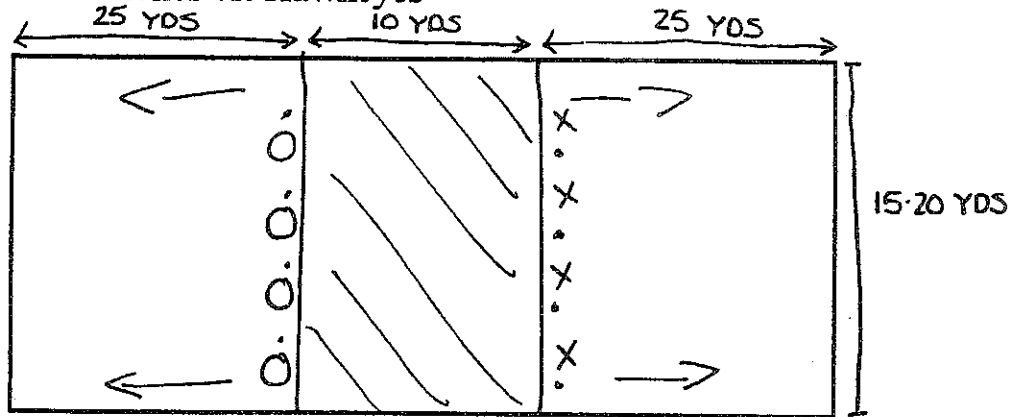
- Grid 20 X 12 yards.
- Divide team in half. One team is “crabs”. The other “dribblers”.
- Dribblers attempt to get from one side to the other without losing their ball.
- When a player loses their ball, they become a “crab”.
- The winner is the last dribbler alive.

Exercise #5:

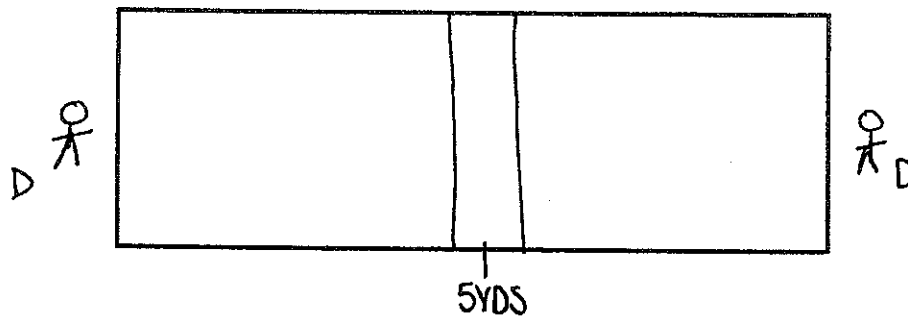
"Crows vs. Cranes"

10 minutes

"Clones vs. Hawkeyes"



- Set up grid as shown
- Divide team into 2 groups of X's and O's.
- When a team is called, they try to dribble across line without being tagged by other team (without balls).
- Score is number of players tagged.
- If we're having difficulty tagging players:
  - 1) Shorten neutral zone
  - 2) Put defender on each line.



Scrimmage

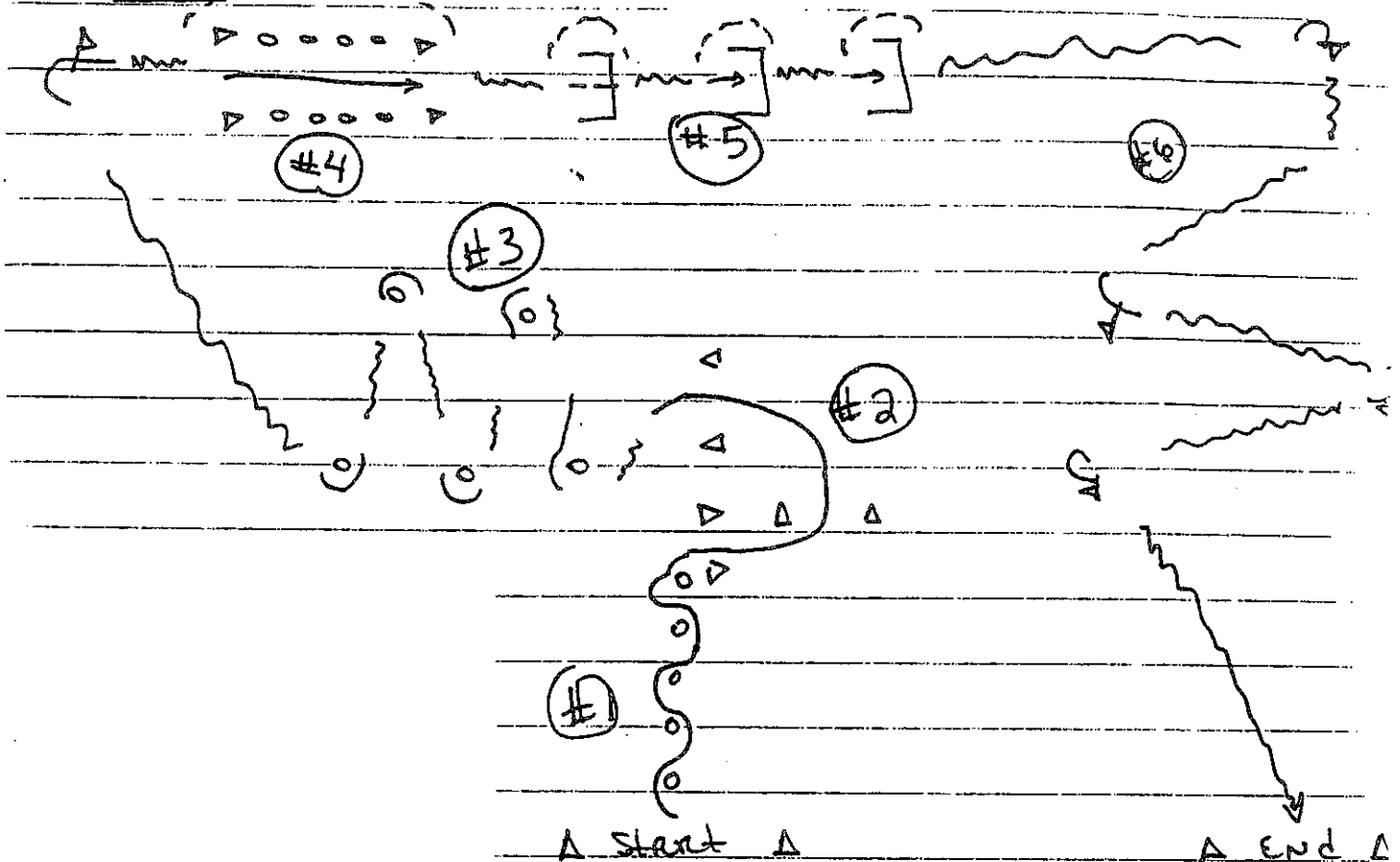
20 minutes

Cool Down: Review coaching points on dribbling.

Next session test on dribbling.



## Test #2 Obstacle Course



- #1: Snake through disks. They are 1-2 yds apart.
- #2: Gates to make quick "S" turn.
- #3: Slalom--must go around disks.
- #4: Gauntlet--must pass ball through--run around to retrieve ball. 10-15 yds long.
- #5: PVC hurdles--pass ball under, run around. Can also use cones or disks. 5 yds apart. **Must touch ball in between each one.**
- #6: Bigger slalom with flags.

\*Let each player go twice. Take best time.

I would post scores. Maybe award prize to top two in each test.  
Test again later in the season

Scrimmage

World Cup

4V4 with keepers

Practice #8:

Warm-Up: Fast Footwork (See Appendix)  
Pick six movements at two minutes apiece.

Body: Technique Passing

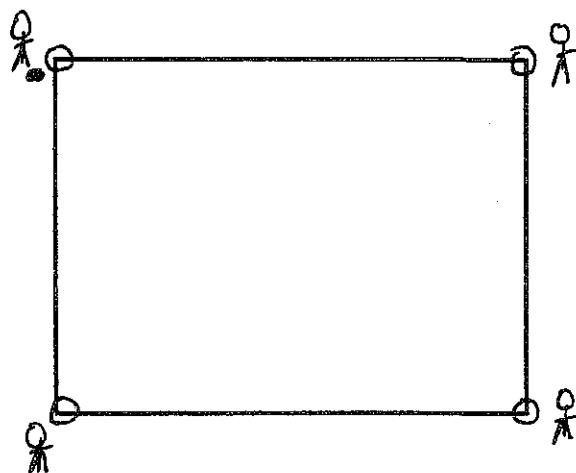
20 minutes

Exercise #1:

- Grid 15 yds X 15 yds.
- Groups of 4 players with 2 balls.

Progression:

- In pairs pass back and forth.
- In the grid, pass with the right foot. The two balls will be traveling counter-clockwise.
- In the grid, pass with the left foot. The two balls will travel clockwise.

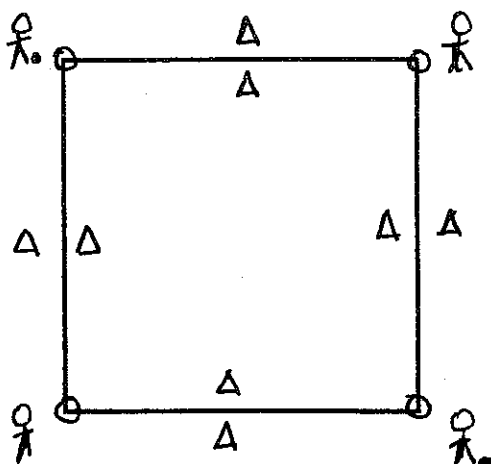


\*\*Stop exercise to demonstrate and make appropriate coaching points.\*\*

Exercise #2: "Sharp-Shooter"

6-10 minutes

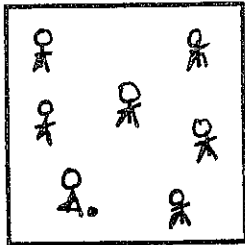
- Grid 15 yds. X 15 yds.
- Groups of four play against each other.
- Objective: Pass the balls through the cones without knocking them over.
- Go for 1 minute and count number of passes.
- Losing team should do some punishment like fast footwork 50 touches.
- Play with right foot only 3 minutes.
- Play with left foot only 3 minutes.



Exercise #3:

“Pac Man” or “Ms. Pac Man”

10-15 minutes



- Grid 20 yds. X 20 yds.
- All players in grid without a ball.
- Designate one person as “Pac Man”.
- *Objective:* Dribble and pass to hit players. When a player is hit, they get a ball and help “Pac Man”.
- Winner is last one not hit.
- Last one not hit is “Pac Man” to start next game.

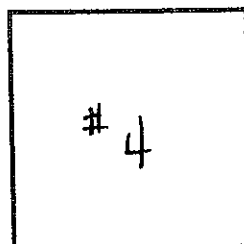
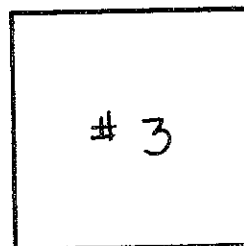
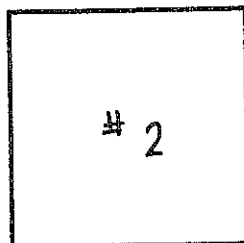
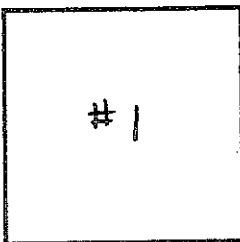
Scrimmage

3V3 or 4V4  
“World Cup”

20 minutes

Set up fields

25 X 20 fields



Winners move up, losers stay except losers in grid #4 go to grid #1.

Practice #9:

Passing and Receiving

Warm-Up:

Fast Footwork  
(See Appendix)

20 minutes

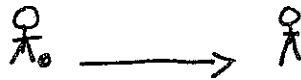
*Remember:* Accuracy is better than speed. We need the footwork to be accurate first, fluid and fast second.

@ STRETCH @

Exercise #1: \*\*Review inside of foot pass.

Coaching Points: Ankle locked, pushing through "sweet spot", plant foot pointed at target.\*\*

- Partners 12 yards apart with a ball.
- Partners try to pass ball through legs.

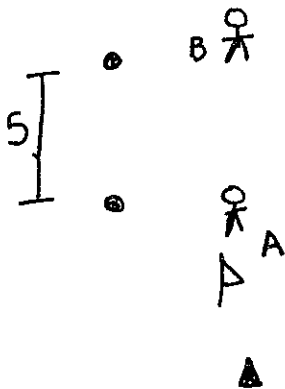


- 1 point for goal. Try 30 passes each foot.
- Switch partners and go again.

Exercise #2:

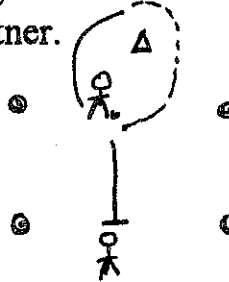
Fast Footwork with Passing  
Grid 3 yds X 5 yds.

30 minutes



- #1:
- Player A passes ball to B who collects ball with sole of foot and gives 3-5 "Taps" of ball and passes back.
  - After A passes ball, they back pedal to cone and move forward to disks to receive return pass.
  - Do 20 passes with both left and right foot.

- #2:
- Same set up but this time B will collect the ball with the inside of foot and give 3-5 “Pendulums” before passing ball back.
  - After A has passed the ball, A drifts back to left and around the cone. (see illustration).
  - A never takes eye off ball and body is always “square” to partner.



- #3:
- Same set up, B will now make their first touch toward opposite foot (ie. If A touches ball with right, A redirects ball to left foot). 5 touches “pulling” ball backward using “Pendulums” and 5 forward, then passing to partner.
  - After A passes the ball, A drifts back around cone and checks to ball.

- #4:
- Same set up, B makes first touch toward opposite foot. B stops ball with inside of foot and “rolls” over the top 2 times - stop with inside of opposite foot - and “rolls” over the top 2 times back in opposite direction than passes.

**NOTE:** See Fast Footwork “Roll-Roll Stop Roll-Roll”.

Coaching Points:

- 1) Proper execution of fast footwork.
- 2) Make sure the “preparation” touch for passing is away from body so that we can step to ball.
- 3) We “cushion” the ball when we receive it.

@ WATER @  
@ @

Exercise #5:

“Pac Man”

- Grid 25 X 35 for team of 15-18. Smaller for less--20 X 20.
- 1 player with ball appointed “Pac Man”. For U-8 and U-9 for success appoint 2 “Pac Men” and make area smaller.
- Players run freely in grid, trying to avoid being tagged. Players are tagged when hit by the ball below the waist.
- Once a player has been tagged, they go get a ball and become a “Pac Man”.
- The winner is the last 1 or 2 still “alive”. They are then appointed “Pac Man” for the next game.

Scrimmage

Small-Sided with Keepers.

Practice #10:

Warm-Up:

25 X 35 grid.

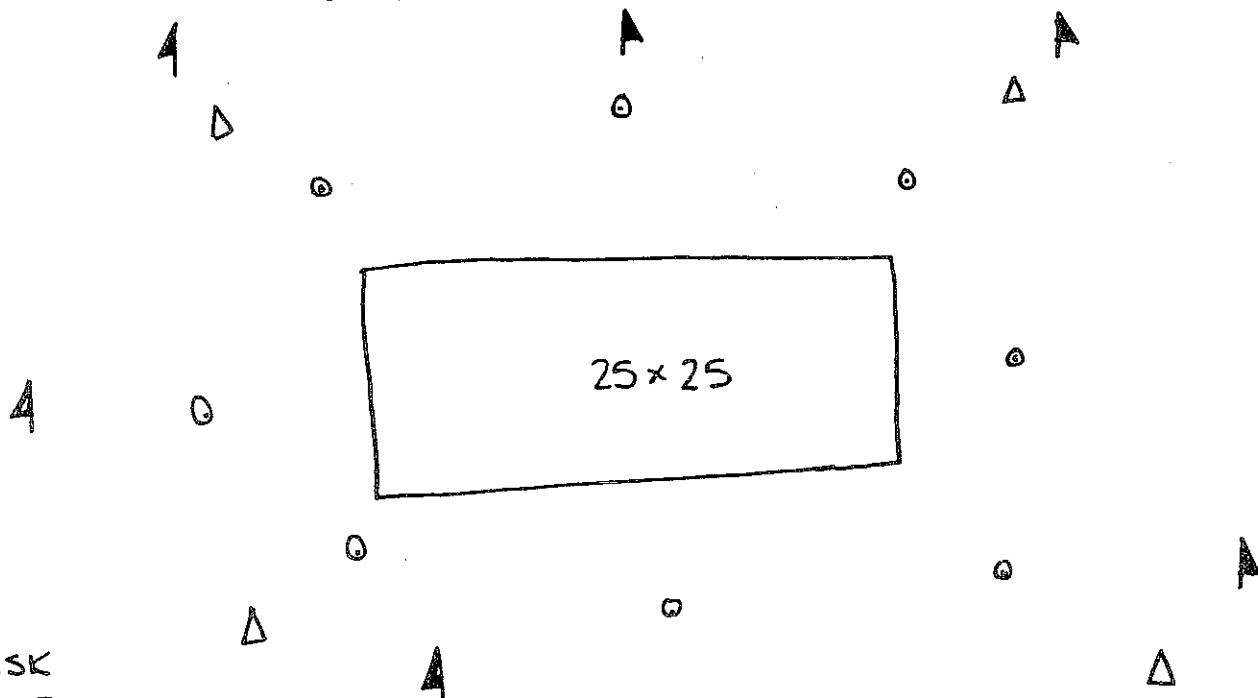
10-12 minutes

Every player has a ball and are dribbling inside area.

Every step must touch ball with right foot.

Every step must touch ball with left foot.

Every step must touch ball alternating feet.



○ = DISK  
△ = CONE  
↖ = FLAG

- On command, players dribble at speed around cone, disk or flag.
- Combine obstacles (cone, then disk, etc.).

Points to stress:

- 1) Change of direction.
- 2) Change of speed.

@ STRETCH @  
@ @

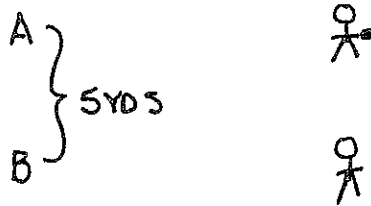
5-8 minutes

## Collecting Balls Out Of Air

25-30 minutes

*NOTE: Start with a demonstration!!*

Exercise #1:      Groups of 2 with 1 ball.



- Player A tosses ball to Player B “underhand”. Player B will use inside of foot to settle ball. Once ball is on ground, Player B passes ball back to Player A (10 repetitions and change roles).

### Coaching Points:

- 1) Get body behind ball.
- 2) Receiving foot - ankle locked.
- 3) Cushion ball down to ground.

(Do at least 30 repetitions with each foot).

Exercise #2:      “Instep Collection (Top O’ Foot)  
Same exercise—different part of foot.

### Coaching Points:

- 1) Get body behind ball.
- 2) Receiving foot - ankle locked, toes toward body to create “cradle” for ball.
- 3) Thigh of receiving leg parallel to ground.
- 4) As ball makes contact, leg lowers to “cushion” ball to ground.

(Do at least 30 repetitions with each foot).

**\*\*If players are struggling,**

- 1) Do more demonstration with kids in close.
- 2) Find 1 or 2 players who are doing well and let them demonstrate.

@ @  
WATER  
@ @

Exercise #2: 1 V 1 with small cones 20 minutes

- Grid 25 X 15.
- Groups of 4 - 2 play, 2 rest.
- Games last 1-2 minutes.
- Have everyone play at least 5 games.

Exercise #3: Introduce Shielding of Ball 10 minutes

Coaching Points:

- 1) Use foot away from defender to control ball.
- 2) Demonstrate and let players try.

Scrimmage with Keepers

## Practice #11

## Passing Progression

### Warm-Up

### Fast Footwork.

Pick 6-8 movements to work on at 2 minutes apiece.

@                      @  
STRETCH  
@                      @

### Exercise #1:

Reviews collecting flighted balls with inside of foot and instep.

- 1) Have players dribble in confined area 25 X 25.
- 2) Coach calls "left instep". Players pick up their own ball and toss it 10-15 feet in air.
- 3) Collect ball and continue to dribble.
- 4) Make applicable coaching points.

@                      @  
WATER  
@                      @

### Exercise #2:

See Exercise #1, Practice #8

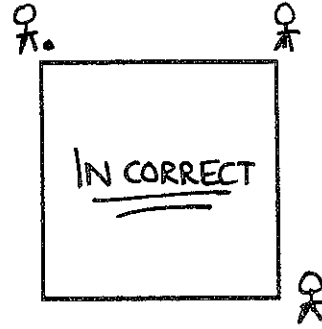
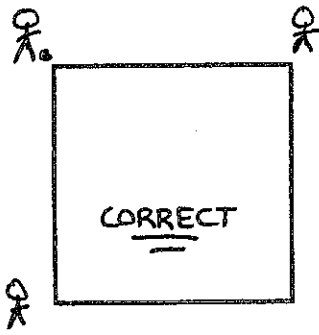
**\*\*Same Progression\*\***

Coaching Points: Introduce preparing ball for pass.

- 1) Come to ball and receive ball by turning with it, having hips face direction you want to pass. Also receiving ball across the body.
- 2) Preparing ball with a "chop" from left foot to right or right to left.
- 3) Preparing ball with outside of foot that will pass ball.

**\*\*This exercise should take 25-35 minutes. Stop exercise occasionally to reinforce coaching points.\*\***

Exercise #3: Introduce Triangle Shape for Support



Whichever corner the ball is in, there **MUST** be support on left and right.

Scrimmage 3V3 with Goalkeepers