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| **Activity 1** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Shadow Dribble:** |  |  Keep ball close |  |
|  | Two players (**Leader and Shadow**) both with a ball |  |
|  |  Changing directions |  |
|  | each and will dribble their soccer ball in a 20x25 yard |  |
|  |  Dribbling using |  |
|  | grid. The leader will determine where they are going |  |
|  | different surfaces of the |  |
|  | while the shadow will try to keep up with the leader. |  |
|  | foot |  |
|  |  |  |  |  |
|  | **Coach:** Call the change from leader to shadow |  |  |
|  | **Version 2:** Use only favorite foot or other foot. | **Time: *8 minutes*** |  |
|  | **Version 3:** Leader must make a move. |  |
|  |  |  |
|  |  |  |  |  |
| **Activity 2** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Gate Dribbling:** |  |  Keep ball close |  |
|  |  |  |  |
|  | In a 20x25 yard grid set up as many gates (two cones |  Changing direction |  |
|  |  |  |
|  | about 2 yards apart). All players with a ball must |  Acceleration after going |  |
|  | dribble through the gate in order to score a point. | through a gate |  |
|  |  |  |  |  |
|  | **Coach:** Have players keep count of how many points |  Decision making |  |
|  | they scored in 30 seconds or a minute. Repeat asking the |  |  |
|  | players to beat the score by one or more points. You can |  |  |
|  | also ask them to dribble with the left or right foot only. | **Time: *8 minutes*** |  |
|  |  |  |  |  |
| **Activity 3** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Dribbling Gates With Bandits:** |  Keep ball close |  |
|  | In a 20x25 yard grid, set up many gates (two cones |  |
|  |  Changing direction |  |
|  | about | 2 yards apart). | Select 2-3 players to be the |  |
|  |  Acceleration after going |  |
|  | **“Bandits”**; they will try to dispossess the players with |  |
|  | through a gate |  |
|  | trying to score points by dribbling through the gates. |  |
|  |  |  |
|  | When the bandit steals the soccer ball, the player that |  Decision making |  |
|  | lost the ball becomes the bandit. |  1v1 defending |  |
|  |  |  |  |  |
|  | **Coach:** Play multiple 1-2 minute games. Award a point |  |  |
|  | to all players who have a soccer ball at the end of each | **Time: *8 minutes*** |  |
|  | game. |  |  |  |
|  |  |  |  |  |
| **Activity 4** |  | **Activity Description** | **Coaching Considerations** |  |
|  |  |  |  |  Application of |  |
|  |  |  |  | dribbling, and passing- |  |
|  | **2v2 to End Zones:** |  | receiving technique |  |
|  | Divide | the 20x25 yard | grid into two equal grids of | under pressure |  |
|  |  |  |  |  |
|  | 12x20 yards, with a one yard buffer zone in between. |  1v1 defending |  |
|  |  |  |  |  |
|  | Make a one yard wide End Zone along each end line. | Decision making |  |
|  |  |  |  |  |
|  | Players will score by dribbling and stopping the soccer |  |  |
|  | ball in the End Zone. Defenders can’t defend in the End |  |  |
|  | Zone. |  |  |  |  |
|  |  |  |  | **Time: *8 minutes*** |  |
|  |  |  |  |  |
| **Scrimmage** |  | **Activity Description** | **Time** |  |
|  | 3v3 in your area or 4v4 against the team practicing  |  |  |
| **3v3 or 4v4** | Next to you | **30 minutes** |  |
|  |  |  |  |
|  | . |  |  |  |



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