

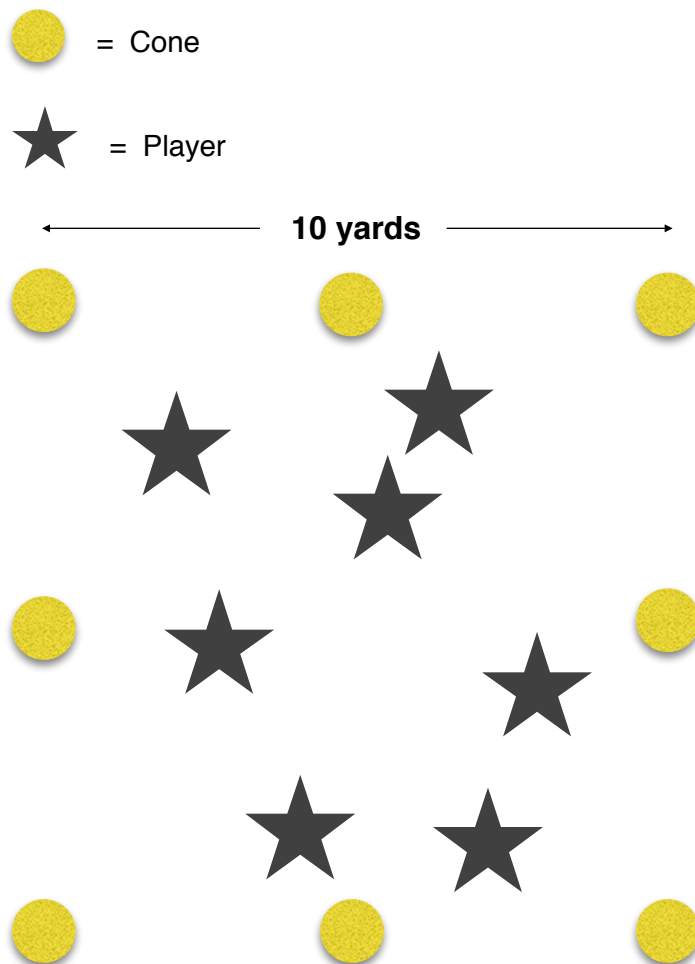
## Warm Up

**Purpose:** Players use pennies as tails tucked into the back of their shorts hanging the length of shorts. 6-8 players try to steal the pennies from other players. No ball. Last penny wins, or person with most pennies wins.

**Organization:** 9 cones; 10x10 square.

**Progression:** Each player has a ball. Must dribble ball and keep it at feet while trying to steal pennies.

**Coaching Points:** Field awareness. Conditioning. Ball control.



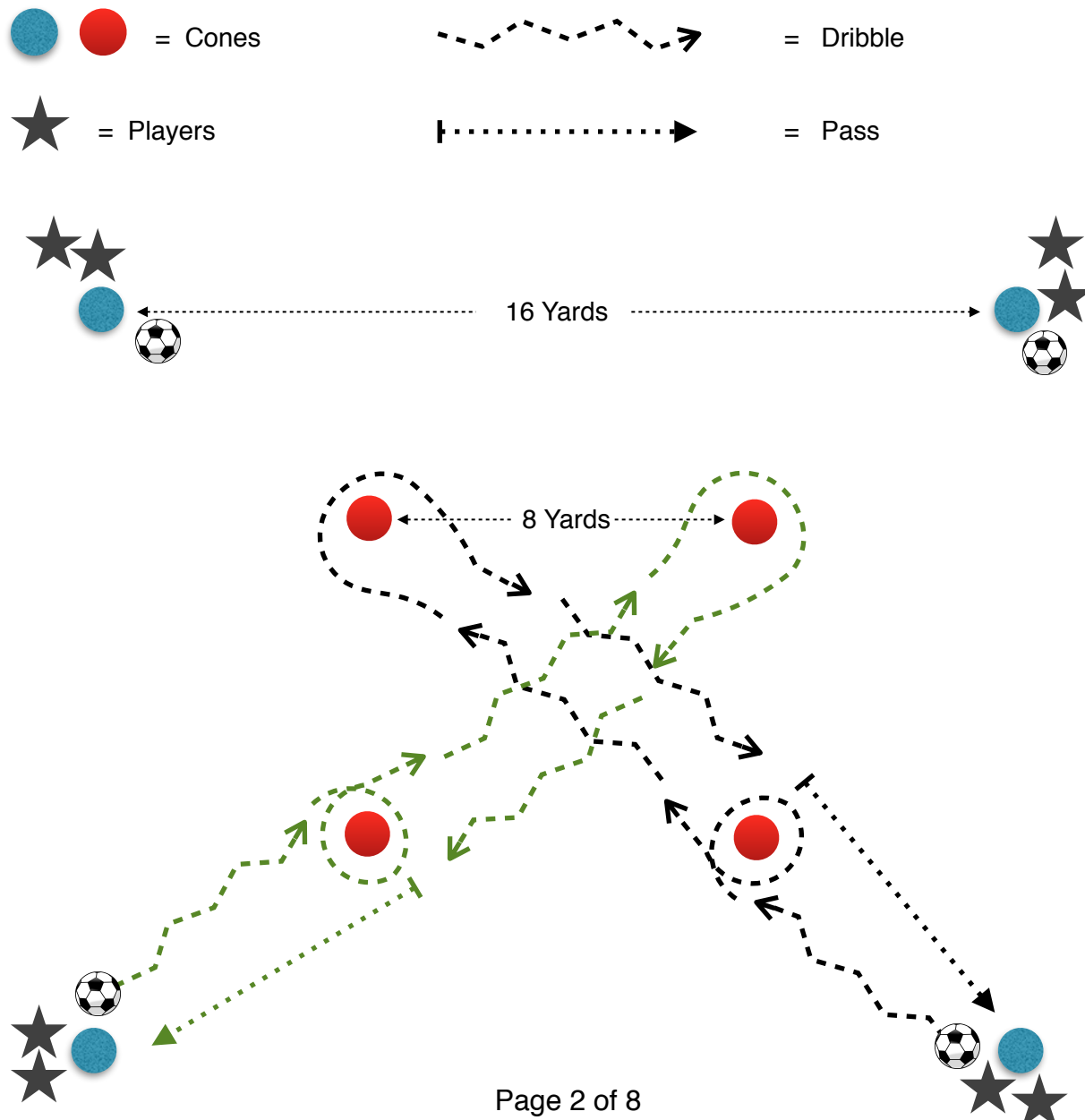
## X-Factor

**Purpose:** 4 teams. Players at each blue cone are a team. First player at each cone dribbles pattern on whistle at the same time. Race to complete 6 passes. Pass at/before last cone.

**Organization:** 8 cones; 16x16 square (4 cones). 8x8 square (4 cones) inside bigger square. 2 Players and 1 ball at each blue cone.

**Progression:** 1) Strong foot dribble, turn, pass. 2) Weak foot dribble, turn, pass. 3) Outside of foot turns.

**Coaching Points:** Dribble through traffic with head up (awareness). Sharp turns with inside and outside of foot. Speed. Control. Ball close.




## Speed Tag

**Purpose:** Dribble around outside of cones to tag each other. First to catch the other wins. If a player cuts a corner, player loses.


**Organization:** 4 cones; 3x3 square; 2 Players; 2 balls.

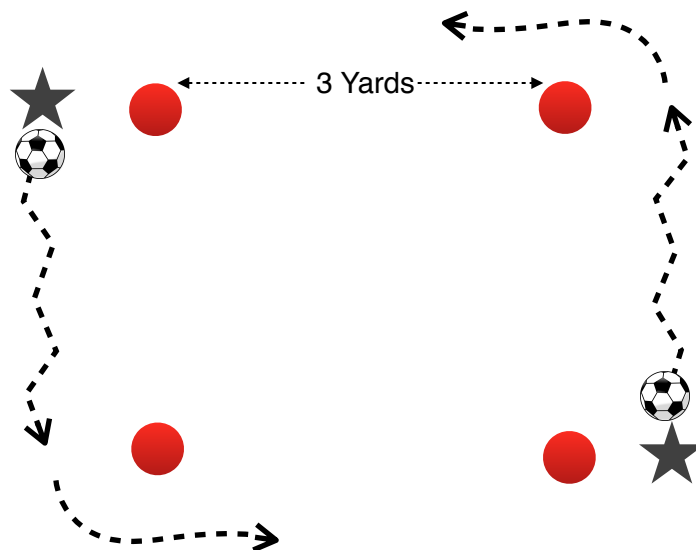
**Progression:** 1) Opposite direction. 2) Left foot counterclockwise. 3) Right foot clockwise. 4) Switch directions on coach's whistle.

**Coaching Points:** Speed. Keep the ball close. Don't let it get away.

 = Cones

 = Dribble

 = Players



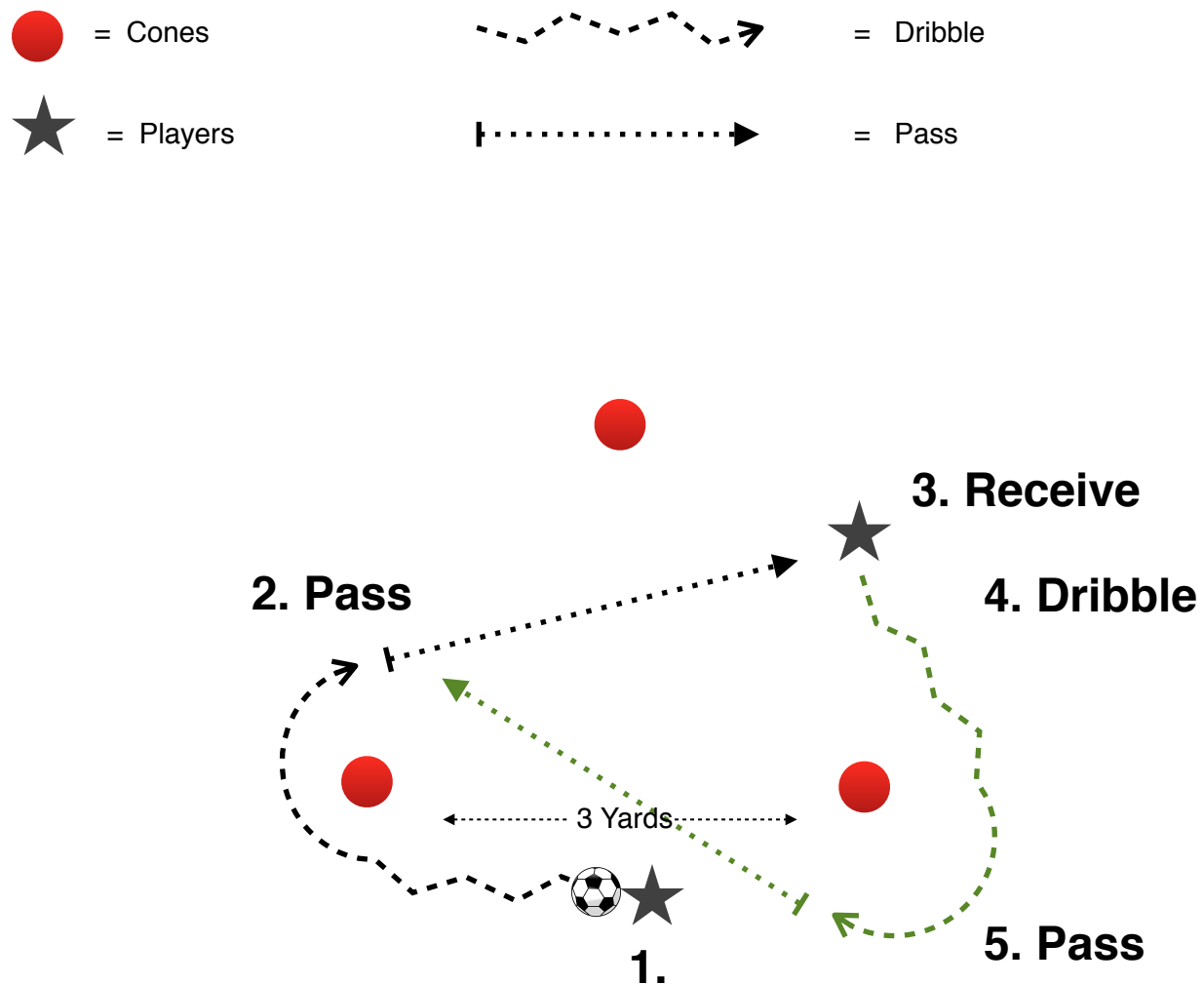
## Split the Defenders

**Purpose:** Dribble around cone. Pass between cones to other player. Stay put until other player dribbles and passes. Continue pattern. First station to complete 8-10 passes wins.

**Organization:** 3 cones; 3x3x3 triangle; stations; 2 players per station; 1 ball per station.

**Progression:** 1) Preferred foot dribble, turn, pass. 2) Non-preferred foot dribble, turn, pass. 3) Timed, 20 seconds to complete as many passes as possible.

**Coaching Points:** Split defenders by moving and looking for the open pass. Controlled, firm passes with inside of the foot. Passing foot turned at 90°. Heel down, toe up. Planted foot beside the ball with toes pointed at target. Receive pass with touch to lead off dribbling.



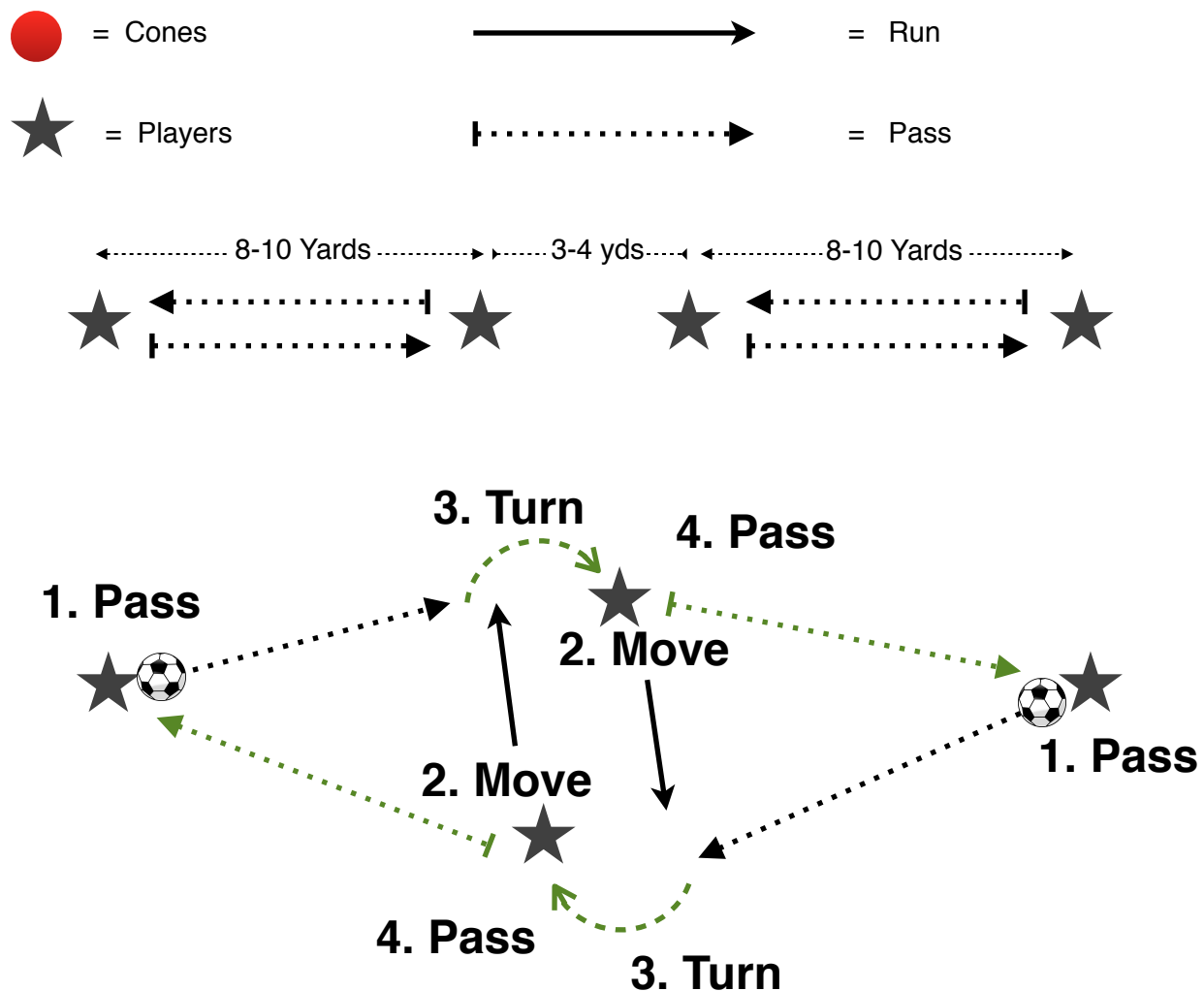
## Pass and Move to Open Space

**Purpose:** 2-touch passes. Pass and move. Develop first touch control.

**Organization:** 2 players per station; 8-10 yards apart; back-to-back with another station. 1 ball per station.

**Progression:** 1) Receive with inside of foot, pass with outside of foot. 2) Shooting technique passing - receive pass with outside of foot (touch 90° to side), then kick-pass with laces. 3) Hand-toss (lob) ball to partner; one-touch trap with foot/thigh/chest to self; catch with hands to complete for one point. 4) One-touch passing. 5) Move, pass, switch players (see illustration).

**Coaching Points:** First touch is critical to control. Passing technique - planted foot next to ball and pointed at target, passing foot turned 90° (heel down, toe up) and knee bent. Pass with inside of foot. Passing foot follows through toward target.







## 3v1v1 or 2v1v1

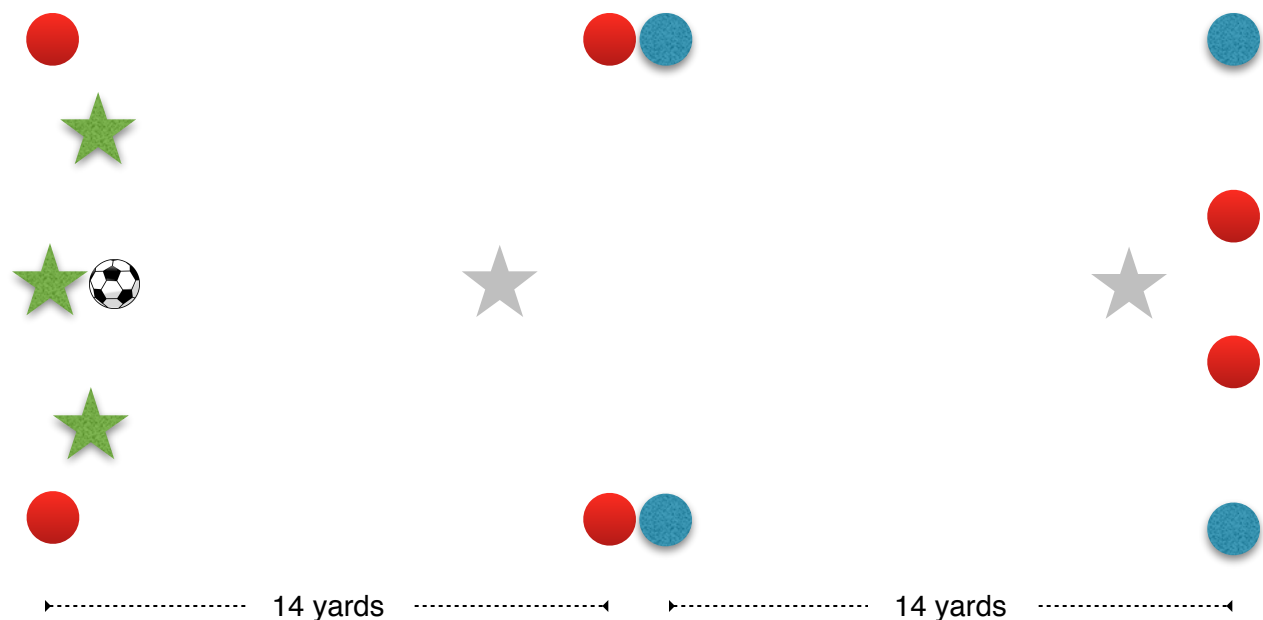
**Purpose:** Attackers try to progress past both 1st and 2nd defenders to score by using dribbling and passing and moving to open space. 1st defender must stay in red cones square. 2nd defender must stay in blue cones square. Defenders earn 1 point for stopping the attack by stealing the ball or kicking it away. Attackers earn 1 point for scoring.

**Organization:** 10 cones (6 red, 4 blue); Two 14x14 squares; 1 goal with red cones; 2-3 attackers; 1 first-defender; 1 second defender; 1 ball.

**Progression:** 1) without goal, attackers must dribble to/past blue end line. 2) With 2-yard (red cones) goal for increased accuracy.

**Coaching Points:** Attackers should move to open space creating passing lanes to beat the defenders. Urge attackers to also use overlap to beat defenders. 2nd defender's job is to immediately pressure the attackers if they beat the 1st defender; anticipate the direction of pass/play used by attackers to beat 1st defender; keep control of the middle.


 = Cones
  = Attackers
  = Defenders



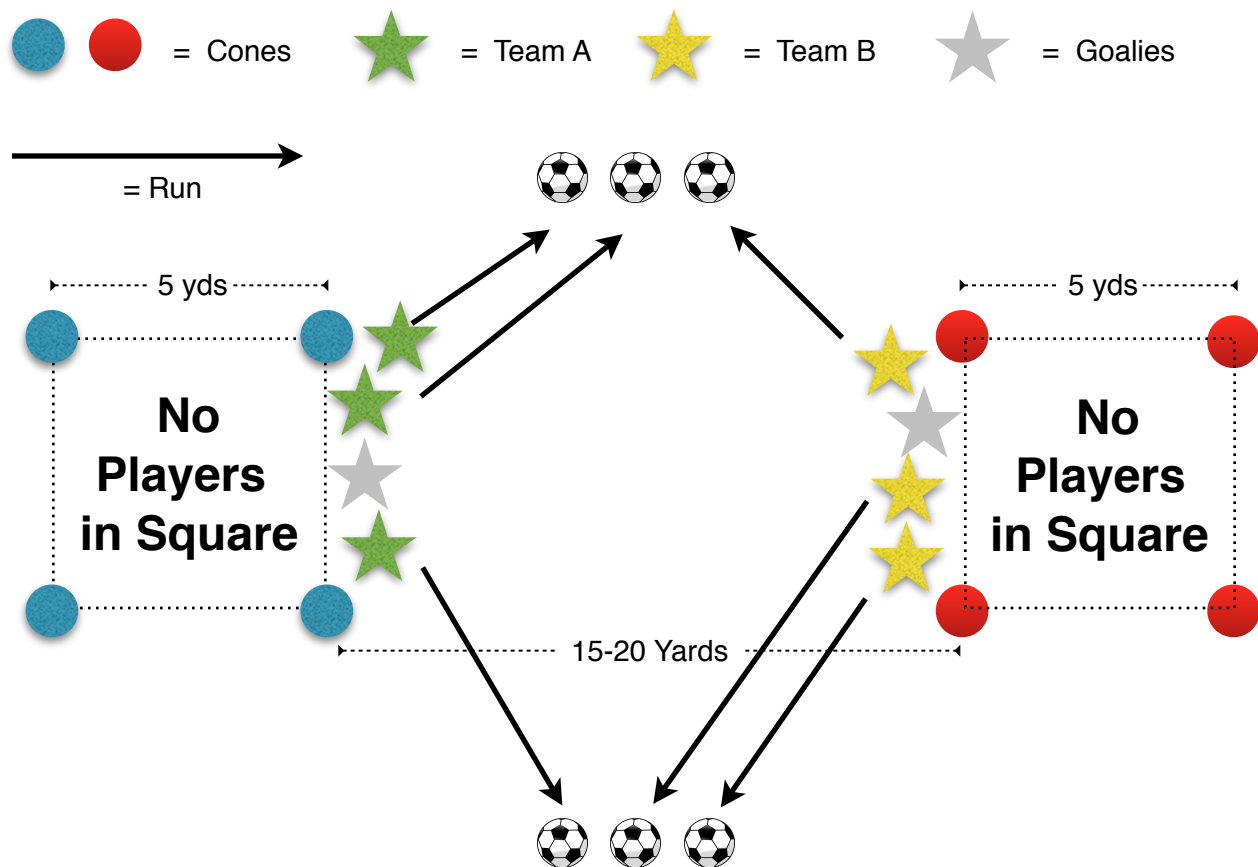
## Scrambled Eggs

**Purpose/Objective:** Two teams of four players (3 fielders, 1 goalie) race to get all six balls in their opponents square. All 6 balls are live at the whistle. No players (including goalies) allowed in either square. Balls must be stopped inside squares to count as 1 for point each ball. No out-of-bounds. Goalies may use hands to stop the balls from entering the square. The team with the most balls in opposing team's square, wins.

**Organization:** 8 cones (4 blue, 4 red); 2 squares (5x5); squares distanced 15-20 yards apart; 6 balls; 8 players; 2 pennies (for goalies).

**Progression:** None.

**Coaching Points:** Team strategy for both attacking and defending. Communication. Ball control and teamwork to get balls in squares.



## Score in Four

**Purpose/Objective:** Two teams of five players (4 fielders, 1 goalie). Goals can only be scored in attacking half of field. If goalie is in front of one of his own goals, attacking team cannot score in that goal and must attack the other goal. Set time limit or goal limit to be reached to win.

**Organization:** 18 cones (8 blue, 10 red); 30x30 square (red cones); 4 goals (2 yards; blue cones); halfway line (red cones); 1 ball; 10 players; 2 pennies (for goalies).

**Progression:** None.

**Coaching Points:** Team strategy for both attacking and defending. If goal is blocked by goalie, switch fields for attack. Look for drop passes to help with transition to other side. Defense - keep pressure at halfway line because opponent cannot score unless ball is in attacking half.

