

Topic: Dribbling/Passing/teamwork

Team: STORM

Coach:

Objective: Introduce and work on basic dribbling and passing skills

Effectiveness: Excellent

Very Good

Good

Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP (5-min) Traffic Dribbling - inside, outside, laces - dribble with bottom of feet ONLY - foot brake - change of speed	- Every player with a ball - dribble in defined space (i.e. center circle or area marked off by cones)	<p style="font-size: small;">Dribbling Warm-up Drill: 1283</p>	- Warm the body - Loosen the muscles - Acclimate the players - Head up - Proper footwork
ACTIVITY #1 (10-min) Hit the Coach - Players try to pass (strike ball w/inside of foot and hit the coach) - players get 1 point for every time the coach is hit - see who has the most points	- Defined area for all players (not too big of a space) - every player with a ball	<p style="font-size: small;">Ouch! coach</p>	- dribble the ball - change direction - head up - make good pass to hit coach
ACTIVITY #2 (10-min) Scrimmage	- divide players into 2 teams - If a player or two is absent, it's okay not to have a goalie for a team	<p style="font-size: small;">SOCCERXPERT Shooting & Finishing Game 1300</p>	- All of the key point above
ACTIVITY #3 (10-min) Scrimmage	Same as above	<p style="font-size: small;">SOCCERXPERT Shooting & Finishing Game 1300</p>	- same as above
Devotional (5-min)	Luke 9:23b	"If anyone would come after me, he must deny himself, take up his cross daily and follow me."	