

Topic: Dribbling/Goal Keeping/Passing

Team: STORM

Coach:

Objective: Reinforce good dribbling/passing technique and improve goalie awareness **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="text-align: right;">Drill: 1283</p>	- Warm the body - Loosen the muscles - Acclimate the players - Head up - Proper footwork
ACTIVITY #1 (10-min) Guard the Castle - 2 teams on both ends of the field try to pass the ball to one another and knock the ball off the cone on their side of the field	- divide players into two groups - get 1 volunteer guard from each group - 1 circular cone with ball on top in the playing grid - 1 point to team when they knock ball off - 1 point to the guard when he/she clears the ball out	<p style="text-align: right;">SOCCERXPERT Drill: 1265</p>	- dribble the ball - good passes - good spacing
ACTIVITY #2 (10-min) The Goalie Challenge - players roll and kick ball in an attempt to score a goal. - change goalies after 1 rotation	- 1 goal (1 goalie) - rest of players in single file line about 10yds away - players throw the ball and try to score (1 pt if they score; 1 pt for goalie if ball is stopped) - change goalies	<p style="text-align: center;">20-30 yds.</p>	- use body - use hands to keep ball in front - secure the ball
ACTIVITY #3 (10-min) Scrimmage	- 2 teams - 2 balls	<p style="text-align: right;">SOCCERXPERT Shooting & Finishing Game 1300</p>	- same as above
Devotional (5-min)	Proverbs 13:13	"He who guards his lips guards his life, but he who speaks rashly will come to ruin."	

