

Topic: Corner Kicks, Bodying the ball, 1st touch passing

Date:

Coach:

Objective: Improve 1st touch on ball and possessing the ball

Effectiveness: Excellent

Very Good

Good

Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
<p>WARM-UP (5-min) Team Reaction Dribble Drill - when the coach calls a cone #, players must quickly dribble around cone and back - change it up (call players name and team must follow player, or team must go to opposite cone the player chose</p>	<p>- Mark off area 20X20yd square or larger - 4 additional cones as dribble markers beyond the corners of the square -1 ball per player</p>		<p>- Warm the body - speed of dribble - use all parts of the feet - change of direction</p>
<p>ACTIVITY #1 (10-min) 1v1 Dribble Attack Tactics - defenders pass to attackers - defenders step forward (they do not try to steal the ball) - attackers dribble, make a move, and blow past defender</p>	<p>- divide into pairs - 1 ball per pair</p>		<p>- ball control - fake defender - change of direction - change of speed</p>
<p>ACTIVITY #2 (10-min) Attack vs Defense Shooting - controlled speed dribble to goal for quick shot with pressure defense</p>	<p>- two groups (group A with pennies, group B normal shirts) - on "go" 1st player in group A dribbles in for a quick shot on goal - after the shot he becomes defender while 1st player in group B dribbles in under pressure to take a shot - continue rotation</p>		<p>- beat pressure (quick moves) - quick shots on goal - defend the ball</p>
<p>ACTIVITY #3 (10-min) Make It-Take It Soccer - 3 equal teams - Team A starts with ball. If "A" scores on "B", "B" must get off field. "A" tries to score on other goal while "C" defends - The team that gets scored on must rotate off and allow other team on</p>	<p>- 3 teams - 1 ball - defined smaller area of play - 1 team to 5 wins</p>		<p>- dribbling - beat defenders - good defense - quick shots on goal - good passes - communication</p>
<p>SCRIMMAGE/OR GAME (10-min) - Sharks and Minnows -Hit the Coach</p>			
<p>Devotional 5 minutes</p>			