FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	- Everyone with a ball in a 15-x-20 yard area - Placed randomly in the area are disc cones – one less than # of people - Players moving and dribbling in area - On coaches command, players must dribble to one of the cones - Whoever doesn't get to cone must do a task **Progressions:** For the last round start taking cones away each time. As players don't get to a cone they get to start stretching while the other finish the game	- Head up to read game - Ball is pushed farther out in front - Use the instep and outside of the foot
MATCH RELATED ACTIVITY 	- Five 2-3 yard goals are spaced evenly on center circle - Simultaneous games of 1v1 occur for 1 minute - Play starts with one person from each pair in possession of ball outside of circle - Player attempts to enter circle at any point, but can only score by exiting through a goal **Progressions:** Switch roles after loss of possession and continue playing. Switch roles after a goal.	- Head up to read game - Ball is pushed farther out in front - Use the instep and outside of the foot - Shield ball from opponent
MATCH RELATED ACTIVITY 	- Play 5v5, mark off a center line - Each team has three defenders and two attackers, the players are restricted to their respective half of the field - In order for the ball to get across the half, it must be dribbled by one of the defenders who can temporarily join the attack (when the attack takes a shot or loses the ball the defender must return) **Progressions:** Remove the restriction of players staying in their own half	- Head up to read game - Ball is pushed farther out in front - Use the instep and outside of the foot - Cut towards center of field to cut off angle
MATCH CONDITION GAME 	- Play 4v4 - No restrictions on players	Observe to see if session has improved player's ability to dribble with speed