Week 1:

Activity 1: 7-10 minutes

Setup – Open Space

Description – Fetch: Every player has a ball. Coach tosses ball out and players bring ball back in a variety of ways.

Variations – 1) Coach move to a new location after dispersing balls, this requires players to locate coach. 2) Coach can require players to return in various ways: running, skipping, hopping. 3) Dribble back with a certain foot/surface. 4) Group players in pairs/small groups: 2 players hold hands while retrieving ball. Complete 2 passes before returning to coach. Each player much have a hand on ball and try to carry ball back together.

Coaching Points:

Can players:

* React to location of the ball?
* Listen to the changes in directions and think ahead?
* Get head up and look around?
* Work with a partner?

Activity 2: 5-7 minutes

Setup – Open Space

Description – Body Part Dribbling: All players have a ball and are dribbling. Coach calls out a body part (elbow, knee, head, etc…) Players stop their ball with the part of the body the coach calls out. Adjust the types of body parts; amount of body parts, and the rate at which you call out body parts.

Coaching Points:

* What surface of the foot should be used to dribble in between body parts?
  + Laces, toes pointed down, try to touch the ball with your pinky toes
* Players need to be alert and aware of what is going on.

Activity 3: 7 – 10 minutes

Grid – 25x15 yards

Sharks and Minnows: 1-2 players (or the coach) start as the shark(s), in the middle of the grid. Minnows start on one side of the grid, each player with a ball. When the coach says “go” the minnows dribble across the grid. The shark tries to kick the minnow’s ball out of the grid. If the ball goes out of the grid the minnow becomes a shark. If the minnow reaches the other side of the grid they are safe and will be a minnow again next round. The last player to become a shark is the winner and can be the shark next round.

Coaching Points:

* Dribble with control.
* Know when to keep the ball close (when the shark is near you) or when to push it a little further away to go faster (When the shark is far away).
* Dribble the ball with your laces or pinky toes.

Activity 4: 7-10 minutes

Setup – Grid 25x15 yards with goals on each end

1v1 to goal; use cones for small goals: Divide team into 2 groups, attackers and defenders. Attackers start with ball on their line and defenders start on their line. Games starts on attackers first touch or when coach says “go”. Attackers try to score on the goal. Defenders must step out of the goal (no goalies). If the defender steals the ball the player can go the other way and try to score in the other goal. Play for a few minutes then switch who starts with the ball.

Variation: 2 attackers vs 1 defender.

Coaching points:

* Coach when to change speed and direction
* Coach switching feet while dribbling and using the correct surface.