* Coaching Points –
  + Dribbling with the ball close to your body, under control.
  + Using different surfaces to touch the ball.
  + Dribble with your head up.
  + Change your speed when you get past a defender

Speed Drills - 1 foot in each space, 2 feet in each space, side to side shuffling, bunny hops,

Make one line of speed drills then count 6 steps and make a 6x6 box go 6 steps away from the box and make another line(see below) Players will do speed drills and meet in the box. 1 line is the tagger and the other line tries to avoid being tagged. Both players stay in the box until a player is tagged and then you move on with the next group.

X X

X x x x x x x x x x x x

X X

Passing Lines – lines 7-10 yards apart. Passing and receiving. Each player follows their pass. After players warm-up a little have a player make a pass and then run straight at the player he passed it to like a defender, receiving player must use one of the receiving skills to evade the defender then make a pass and do the same.

Passing squares – groups of 5 or 6. Small squares to start with. 7x7 or 10x10. Pass the ball around the square. Coaches choice on following your pass or not. Use different surfaces to collect the ball. – Change direction of the passes. After a while make the squares bigger and make sure to have players follow their pass if they haven’t been.

3 Lines going to goal. – Make 3 lines all about 15 – 20 yards from the goal. Line in the middle line just to left of the middle and a line out wide on the right. Middle line touches and shoots. Left line plays a ball out wide to the right line. Right line dribbles to endline and slots a ball on the ground. Left line(PK or nearpost) and middle line(Back post) make runs in the box to finish. You can add a defender.

Scrimmage