* 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

Zig-Zag passing – Set up cones to make a big Zig Zag. Each Cone should be about 10-12 yards apart. Put a player on each cone with a ball. Then make a line at the beginning of the zig-zag. One at a time these players will run to each player following the zig-zag. They will receive the ball from the player on the cone collect it and pass it back, then move to the next cone.

4 corners shooting game. Make lines about 3 yards off of each post then about 10-15 yards away from those cones roughly on the 18(12yard) box Line 1 is by a post. Player passes diagonally to line 2. Line 2 plays straight down to line 3, line 3 plays diagonally across to line 4. Line 4 shoot first time. Following your pass.

Shooting game – Divide into 2 teams. Make two lines 5 yards apart about 15-20 yards away from the goal, then place a cone about 5-7yards closer. First player in line goes to that cone and faces the lines. Pass into cone player, cone player lays off, passer runs up and shoots and becomes cone player. Cone player has to hustle to play goalie while opposing team shoots. Get the ball and do it again.

Scrimmage