

Workout #7 U7 – U12

Coach Trisha Wellock with her daughter Addison Wellock on the CW3 2013 Girls Green Team

Materials: 4 different color cones (can use anything. We used different color water balloons), Soccer Ball, Timer

Technical Skill: Dribbling in a small space and first touch

Set Up: Create a 5 x 5 square grid with 4 different color cones or objects

Phase 1

Directions: Player will do different coervers inside the grid and then sprint to the color when called.

Time: 2 sets 1 min each coerver

1. Speed Dribble / Tick Tocks
2. Outside/Inside/Outside/Inside
3. V outside

Phase 2

Directions: Player will do different coervers inside the square but then dribble around the colored cone that is announced with the inside or outside of their foot.

Time: 2 sets 1 min each coerver

1. Knock/Knock/Roll (Inside, Inside, Roll)
2. V Inside
3. Pull Laces

Phase 3

Directions: Player will be inside of the square without a ball. Have someone pass you the ball and take a touch with the inside or outside of your foot towards the color cone that is announced and dribble around the cone back to the center of the square and pass back to the passer.

Time: 3 sets 1 min each set