

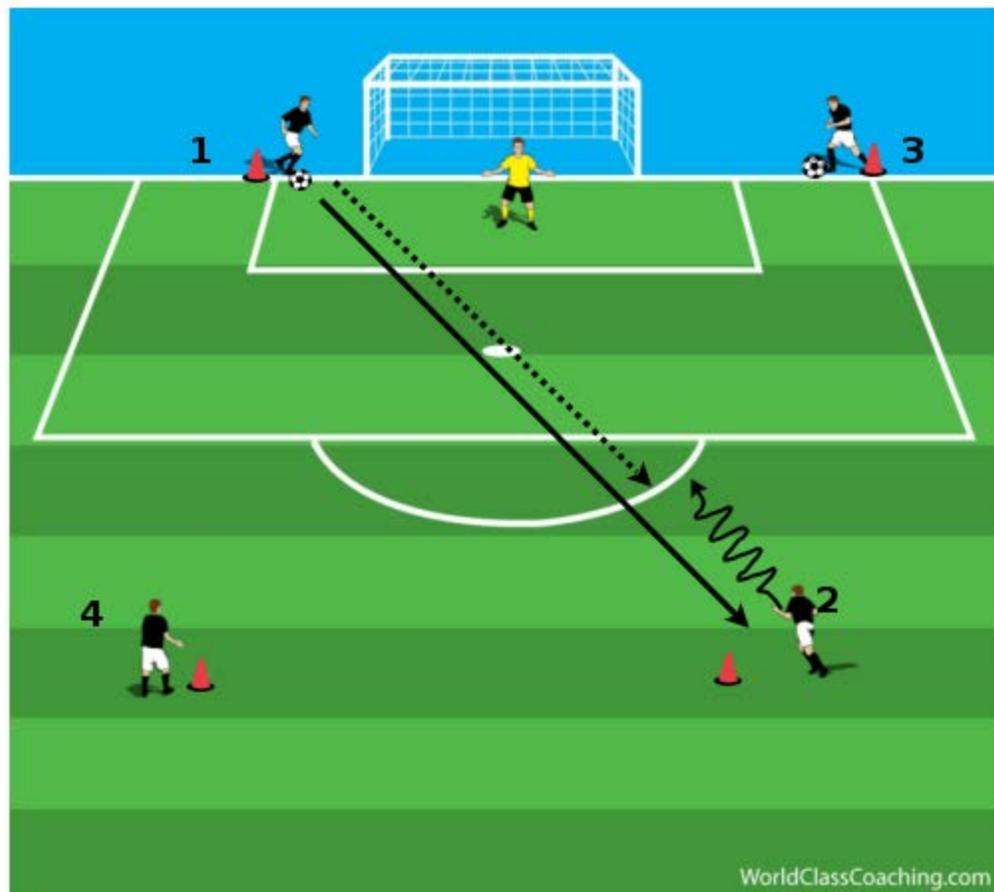


5 min – For warmup setup a 20x20 grid. Space all the players evenly around the grid. If the team has 12 players you will have 3 on each side. On your call, have all the players dribble back and forth across the box at good pace. The players should try to avoid other players by practicing different moves, dribbling into space, adjusting their speed, and keeping their head up. Make sure they are practicing turns has the get to each side. The drill should be done a high pace. The players should count how many times they make it back to the side they started at. The focus is dribbling technique, awareness, and conditioning.

10 min - 1v1 To Goal

10 min - 1v1 To Goal Bogies

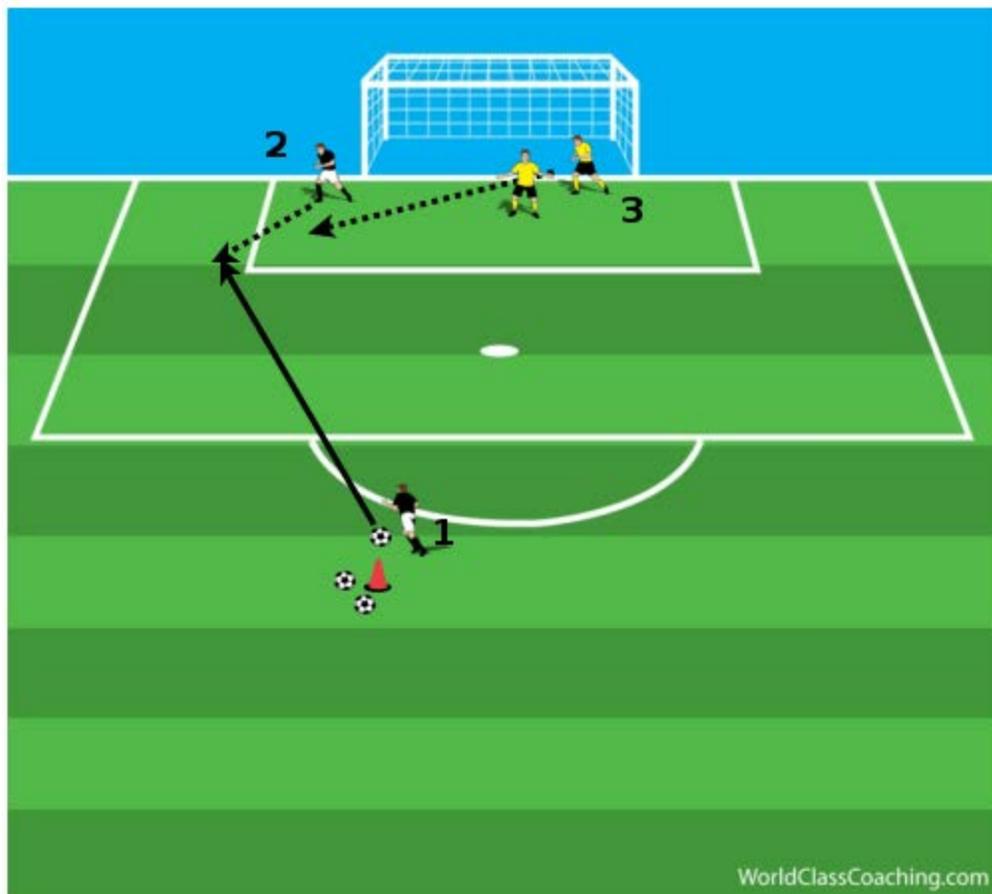
Game – 4 x 10min quarters with 2 minute breaks between quarters and 5 minute halftime



1 vs. 1 to Goal Player 1 passes to player 2 and then closes down. Player 2 must beat player 1 on the dribble before attempting to finish. This is a classic 1 vs. 1 exercise that is good for simulating confrontations near the top of the box, a critical area on both sides of the ball. Encourage the defender to cover the ground to the ball very quickly, but arrive under control and to absorb the speed of the attacker, keeping the latter in front of him, but staying tight enough to discourage him from shooting. The attacker should look to draw the defender in tight and then get in behind using a sharp change of speed. After the first two players duel, they change starting positions and roles and 3 serves to 4 as the exercise continues.

Variation

- All serves must reach the attacker in the air. This allows the defender to work on serving balls over distance, while the attacker learns to settle the ball and get into the attack at speed.



1 vs. 1 to Goal Bogies A simplification of a University of North Carolina exercise, this environment is excellent for training attackers to receive with their back to goal and for defenders to deal with an attacker near the goal. Player 2, the target, must start with a hand touching the post on his side of the goal, and player 3, the defender must start with a hand touching the back post. Player 1 passes into the feet of player 2, who must check outside the 6-yard box for his first touch. Meanwhile, the defender (3) closes down and 2 must decide whether to immediately face-up and finish or if he needs to protect the ball with his first touch and then work to turn the defender and finish.

Variations

- In the UNC exercise, the attacker may lay the ball off to 1, who then joins play (along with another defender).
- Serves from 1 are in the air to 2.