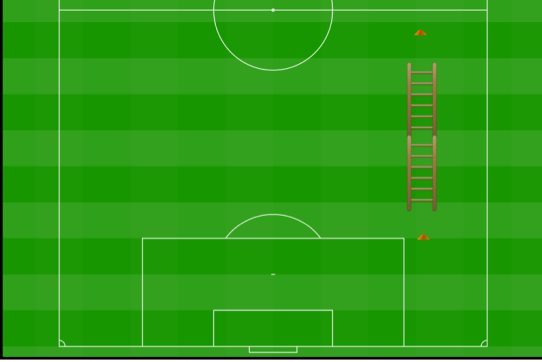


Day 10

Date: 4/6/16, 9:28 AM

Warmup



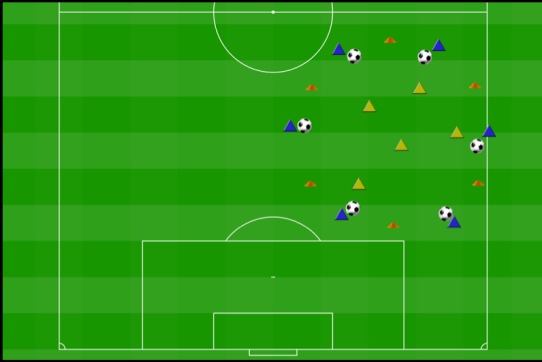
Warm-Up Speed Ladder

Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In.
2. Two Feet In.
3. Sideways 2 Feet High Knees/Switch Sides.
4. Zig Zags (Ickey Shuffle).
5. Zig Zags Backwards (Ickey Shuffle).
6. Sideways Two Feet In/Switch sides.
7. Boxer Shuffle Sideways.
8. One Foot Hops/Each Foot.
9. Hop Scotch.
10. Hop Scotch Two Feet In Two Out.
11. Two Up One Back.

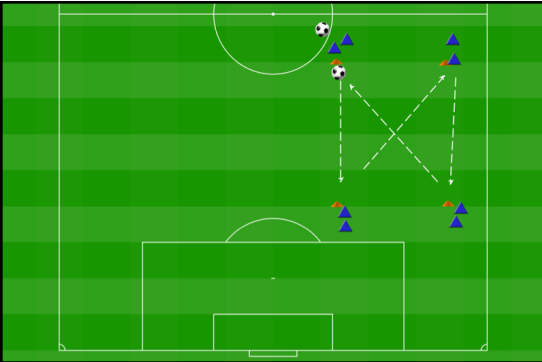
Exercises



Day 10

Half in half out

Half players inside the grid and half outside with the ball. Coach always be on the outside with ball to have more options. Players on the inside are working and checking to different players on the outside and players on outside are serving/feeding. 30 second each and switch inside out. Every time they check to a player the do each one with both feet. 1. 2 touch 2. 1 touch 3. Receive from one player on the outside, turn and play it to a different player on the outside. 4. Outside players now have ball in hand, inside player checks to and does inside foot volley right then left foot. 5. Laces volley. 6. The players now will do a proper throw in to the player checkin to, the have to control it and pass it back.



Day 10

Passing pattern

Passing pattern. 2 separate lines to start. Follow your pass. 1. Two touch (trap/pass quickly) 2. Touch outside the foot (push) pass inside. 3. 1 touch.

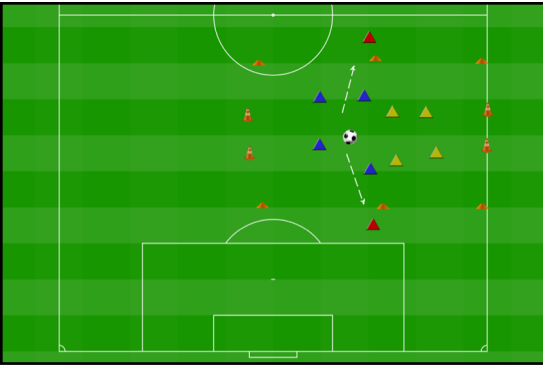
Combine all four lines and use one ball to start. Pass straight, pass diagonal, pass straight, pass diagonal. Follow pass each time and once they get the hang of it add a second ball. Two touch to start, can try one touch.



Day 10

4v4+2 balls in endzone

4v4+2. Use hold area as field, endzone on each side. 2 balls in each teams endzone. Objective of the game is to get all 5 balls into other teams endzone. You must pass the ball to a team mate in the endzone to receive a point. You cannot defend in the endzone. Make it take it, if you score you take another ball out of your endzone and try to score again, you get all 5 you win.



Day 10

4v4 + 2 neutrals on outside

4v4 plus neutrals on the outsides. Use your whole area. A team must pass to both neutral players on the outside before they can score.

We need to get in the habit of switch the point of attack.