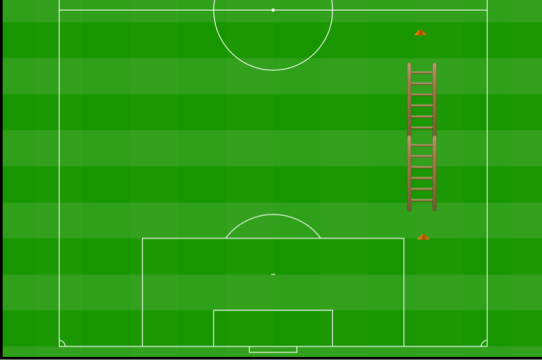


Day 12

Date: 4/13/16, 11:24 AM

Warmup



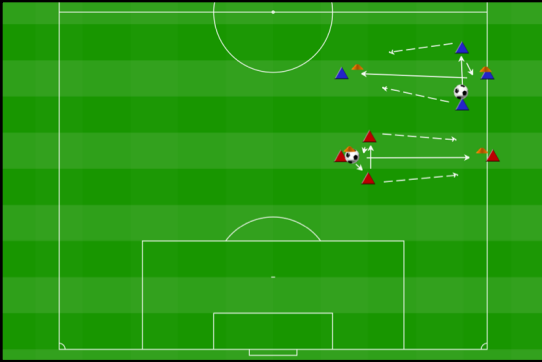
Warm-Up Speed Ladder

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.

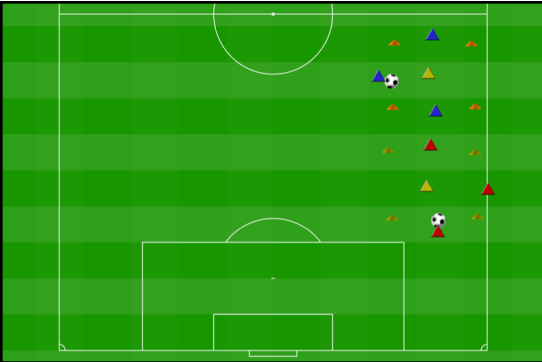
Exercises



Day 12

3 passes and connect

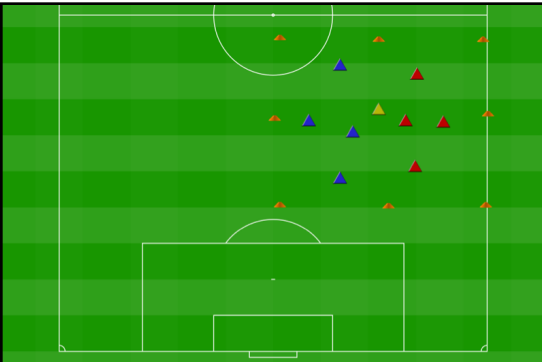
1 player at each cone, 2 players working on the inside. Ball is played down to outside player and two players on inside check to it, connect 3 or 4 passes then play it to the other side. Start 2 touch then 1 touch.



Day 12

3v1

3v1 or 4v1 depending on numbers. If you lose it you are in the middle. Players can move anywhere in the square.

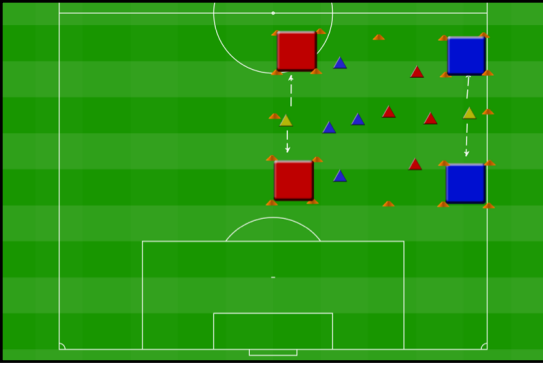


Day 12

Possession

4v4 or 5v5 possession depend on numbers you have, can have neutral on outsides, if you have larger numbers. 5 passes is a point. Start unlimited touch then 2 touch. If they lose the ball they have to run around coach before they try to get it back. After that play the 1 touch game, every time you get a 1 touch pass, you get a point.

Play this session for a longer period of time and really focus on opening up and keeping the ball.



Day 12

Corner game

4v4 with a neutral on each end of the field. Object of the game to find the neutral in either square. The neutral needs to move to either square to get open. The neutral can also be used as a back pass.

If game isn't going well, you can scrimmage instead.