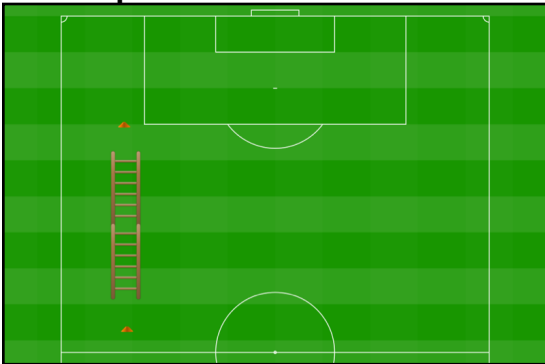


# Day 14

Date: 4/25/16, 10:48 AM

## Warmup



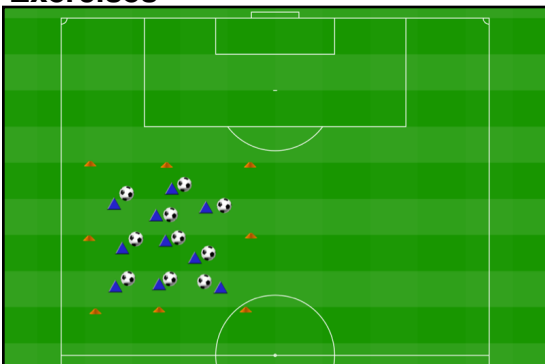
### Warm-Up Speed Ladder

#### 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



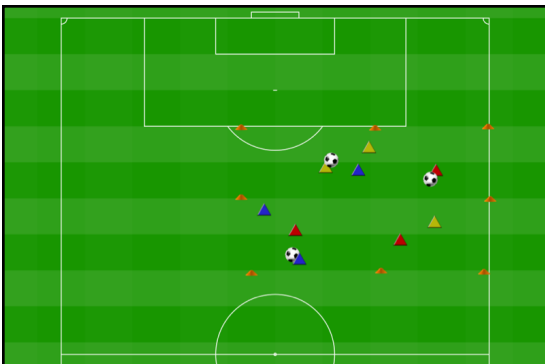
### Day 2

#### Footskills - Dribbling/Stop-Go

Dribble in area without running into anyone.

Make restrictions: inside the feet only, outside the feet, right foot only, left foot only, bottom of the feet.

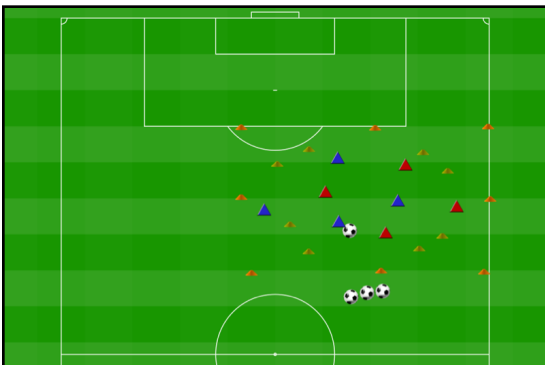
Then play stop-go. Give restriction, have them dribble and say stop, players must put their foot on the ball. If still rolling when you say stop, they get a strike.



### Day 14

#### Monkey in the middle

3 players and 1 is the defender. You can use your whole area. Attacking players only have 3 touches, you must move to get open after you pass the ball, if the lose it, they are in the middle.

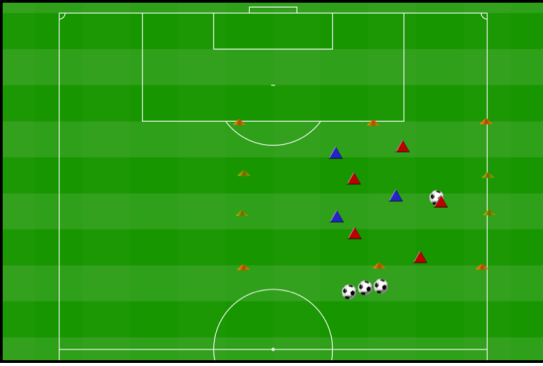


### Day 14

#### Possession through the gate

4v4 or 5v5 possession with gates. Each team is trying to keep the ball, in the first round you can only get a point if you pass the ball through the gate to other team mate. You can't go through the same gate back to back. Players need to move to get open and understand which gate is the best option to go to.

Then you still get a point by passing through a gate or but getting 6 passes in a row while also give you a point.



## Day 14

### *5v3 to goal with shape*

Play 5 v 3 to goal, maybe have to adjust numbers. Use whole area. Set up the team shape the same as we would in a game, 3 defenders and 2 center mids. The team with 5 players only has 2 or 3 touches. They must keep their shape and move the ball quickly and open up with good angles to create chances to go forward and have a scoring opportunity. Team with 3 has unlimited touches. Stress team shape.