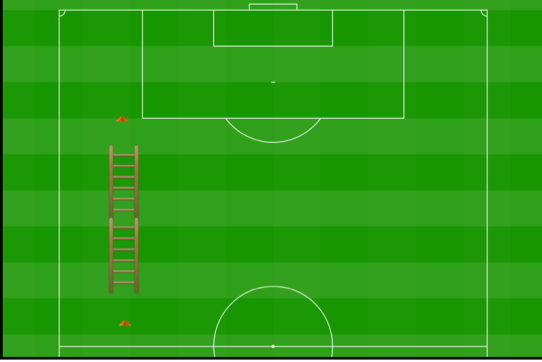


# Day 16

Date: 5/2/16, 1:35 PM

## Warmup



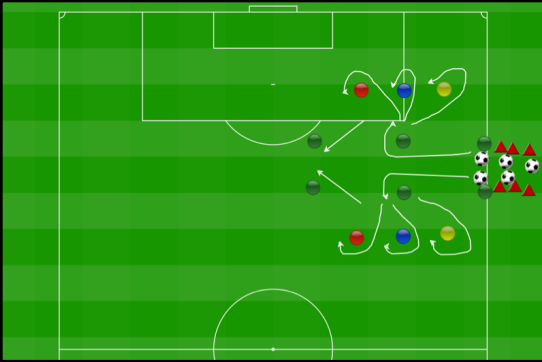
### Warm-Up Speed Ladder

#### 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

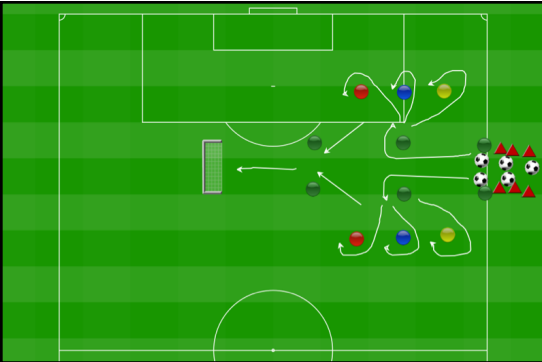
## Exercises



### Day 16

#### Around the cone

Players start at the green, coach says go, first two players dribble around the green cone in the middle, then the coach calls a color and the players must dribble around that color cone then dribble through the far green cones. It is a race. Jog back and switch lines.

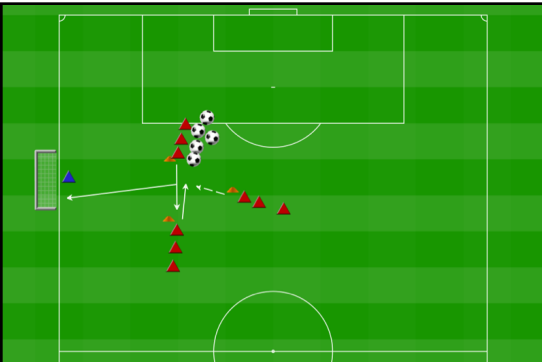


### Day 16

#### Around the cone with shot

Same drill, just add a shot at the end once they get threw the gate. First one threw the gate is keeper for the next group.

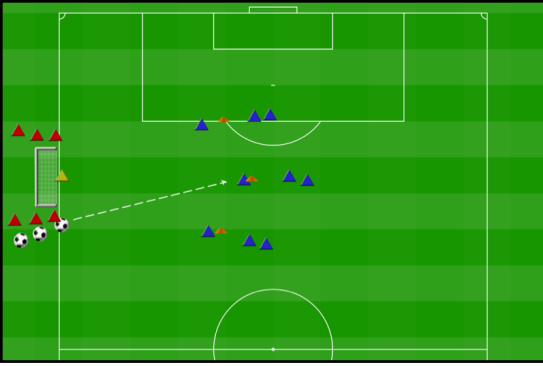
Players start at the green, coach says go, first two players dribble around the green cone in the middle, then the coach calls a color and the players must dribble around that color cone then dribble through the far green cones. It is a race. Jog back and switch lines.



### Day 16

#### Triangle shooting

3 lines in shape of a triangle. Play the ball across, set the ball, player on top of the triangle shoots. Rotate in a triangle, if you score you can be in goal. Shift the triangle towards corner of the box to get shots from different angles.



**Day 16**

*3v2 to goal*

Defenders on each side of the post, play a ball out to 3 attacking players and play 3 v 2 to goal.

Can scrimmage at the end.