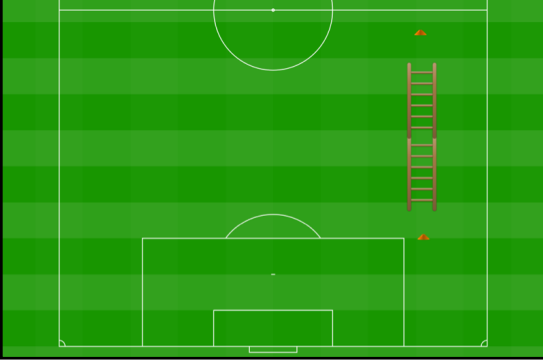


Day 17

Date: 5/9/16, 8:49 AM

Warmup



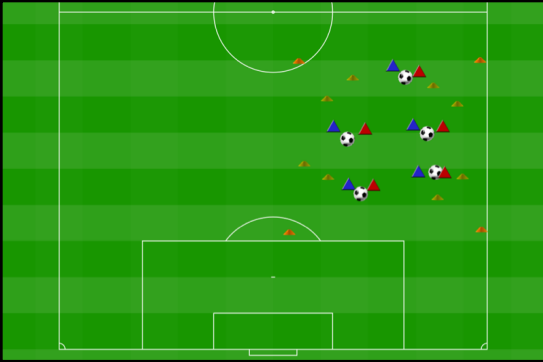
Warm-Up Speed Ladder

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.

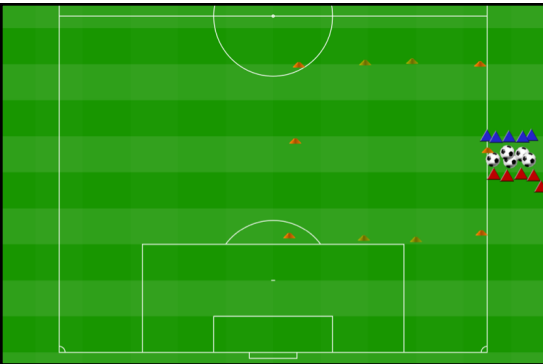
Exercises



Day 4

1v1 through gates

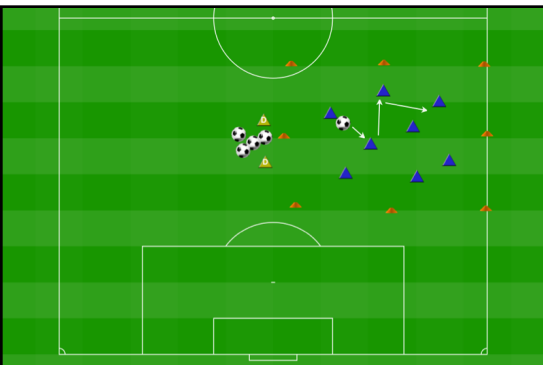
Player has a partner, each in a different color pinnie, and 1 ball. Large box, with cones set up in the box as gates. Players will go 1v1 and try to dribble through any of the gates for 1 point. Switch who is attacking/defending every minute, then switch partners.



Day 4

1v1s, 2v2s, 3v3s

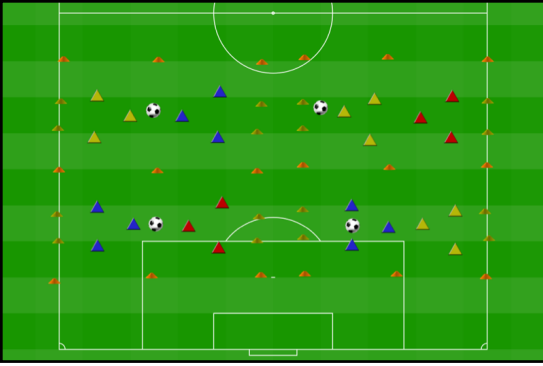
2 teams of 5 in a line on the side of the field, coach rolls a ball out and says, 1v1, 2v2, or 3v3. The first 1, 2, or 3 players in line will then play to goal until ball is out.



Day 6

8v2 Possession Passing

8 players in the box connecting passes, 3 touch max. Coach will then send 2 defenders in to try to steal the ball. Players should move, talk, and play quick passes. Defenders defend for 5 balls each the rotate. Can add more defenders if too easy



Day 17

3v3 tournament

Small field 3v3 tournament (can adjust depending on numbers, coaches can play if needed). Make 4 to 6 fields and do either a round robin tournament or do kings court where if you win you move up, if you lose you move down. 4 minute games. Goals have to be knee high or lower and can't hit the cone.