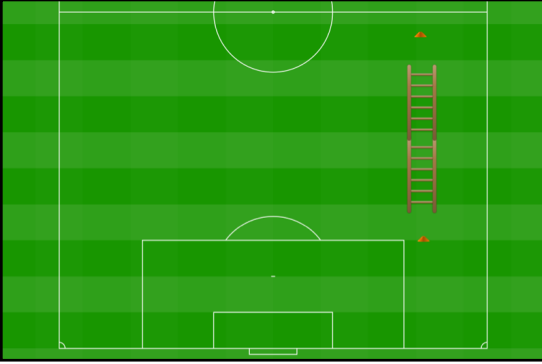


# Day 18

Date: 5/10/16, 10:11 AM

## Warmup



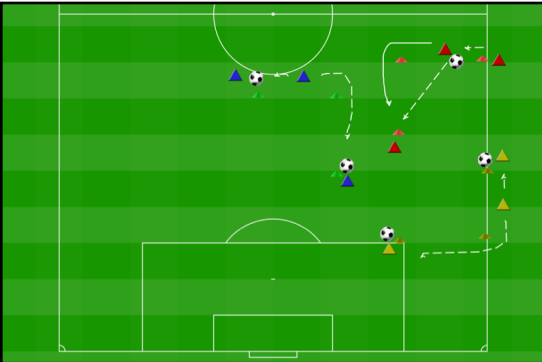
### Warm-Up Speed Ladder

#### 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.

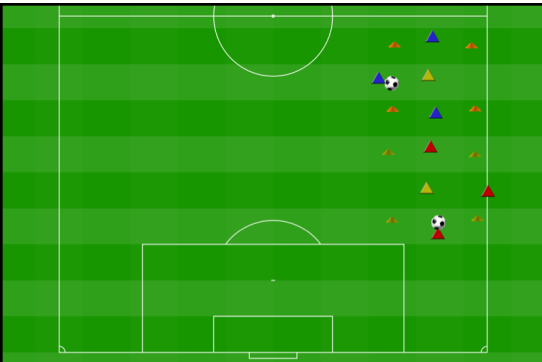
## Exercises



### Day 11

#### Passing/opening up

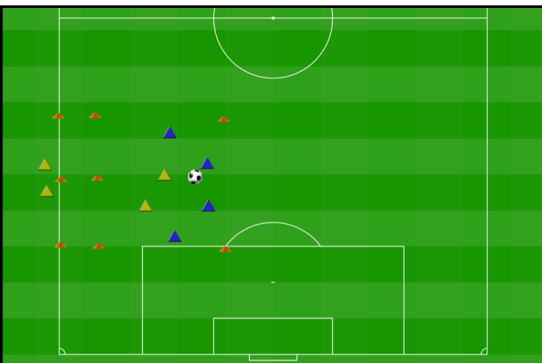
Groups of 3 players, 2 balls, and a set of cones. 2 players on outside has the ball, the player in the middle is working and checking to the player outside each time and must get around the cone and create a good angle to receive the ball and show support. Go for about 30 second each. 1. 2 touch trap pass (right foot one side/ left foot the other). 2. 1 touch. 3. (1 ball) Player checks to one side (open hips) and traps with far foot and pass with same foot to other player. Runs around and same on other side. 4. Player checks one side, traps with far foot and passes with other foot. U10 can try 1 touch, player checks in, plays back one touch, then plays the ball across while player in the middle is getting around the cone to receive the next ball.



### Day 12

#### 3v1

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

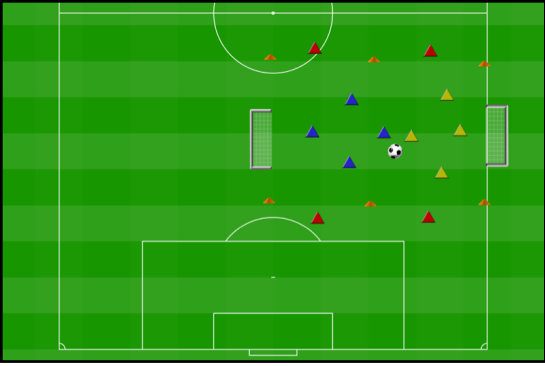


### Day 13

#### 4v2 Endline

Defender plays the ball out and then it is 4v2. Attacking team must complete 4 passes before the cross the Endline for a point.

Scrimmage at end if you have time.



**Day 18**

4v4+4

4v4 or 5v5 games 1 goal winner stays on. Team that is off is used at bumpers on the outside. Play half field and have the goals close.