

Day 2

Date: 3/2/16, 7:16 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 1

Footskills

Cones 10 yards apart. Players on the outside cones with a ball. Show foot skill then players work towards the middle cone and back 3 times each or for time.

Foot skills:

1. Inside the Feet.
2. Right Foot Inside/Outside, then left foot.
3. Right Foot only Inside/Inside/Outside/Outside, then left.
4. Inside Right/Inside Left/ Stop Right (Both Feet).
5. Right Foot only Inside/Stop/Outside/Stop, then left foot.
6. Right Foot Inside/Outside/Stop (inside/outside one motion).
7. Sideways Rolls (down with Right/back with left, face same way)
8. Inside Left/Outside Right/Inside Right/Outside left.
9. Inside/Outside/Stop.
10. Roll Outside Stop-Roll with Right Foot to Left/Outside Left/Stop Switch.
11. Scissors (Step over ball with Right/Push outside left/Stop) Switch



Day 2

Footskills - Dribbling/Stop-Go

Dribble in area without running into anyone.

Make restrictions: inside the feet only, outside the 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 2

Footskills - Dribbling - Add Defenders/Knock out

Dribble in the area, when the coach says go, 1 defender will come into the area and try to clear other players balls out of the square for a minute. Add more defenders after each round up to 4.

Then play knock-out. Each player has their own ball and the objective of the game is to kick other players balls out of the square while still maintaining possession of your ball. Area gets smaller as more players get knocked out.



Day 2

6v4 to 2 goals

6v4 to 2 goals. 6 players are attacking and can score on either goal. 4 players are defending and if they win it, they can try to score on the 1 goal. If ball goes out, coach plays new ball in to the team of 6. You can only score by dribbling the ball through the goal.