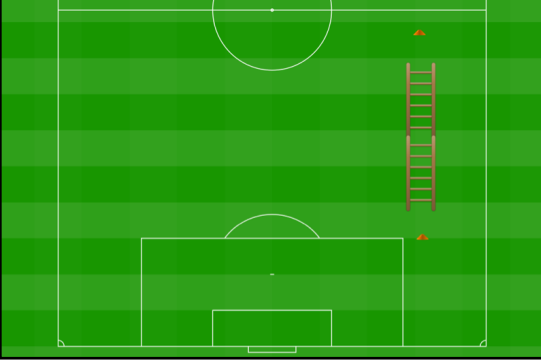


# Day 3

Date: 3/2/16, 7:22 AM

## Warmup



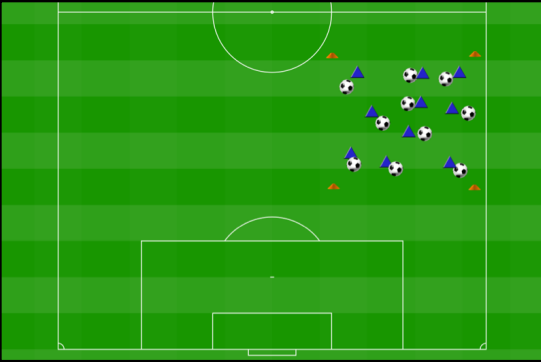
### Warm-Up Speed Ladder

#### 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

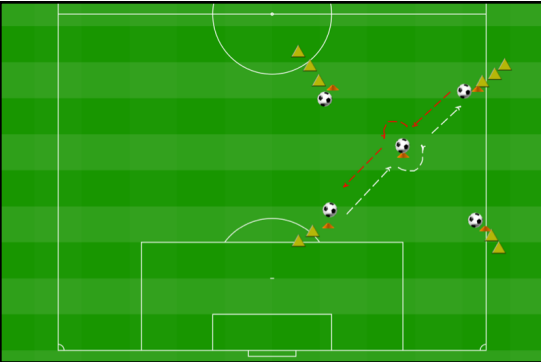


### Day 3

#### Stationary Foot skills

Perform each foot skill for 30-45 sec each. Each player has their own ball.

Skills:



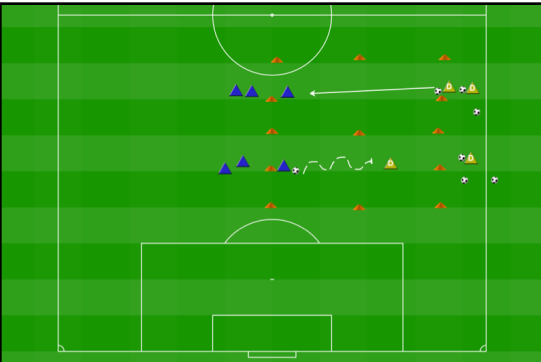
### Day 2

#### Footskills running at stationary defender

Make a box 15 by 15 with a cone in the middle with a ball on top. 2 or 3 players at the outside cones. Coach shows a move, players diagonal from each work at the same time then other lines go. About a minute or 2 each move.

Moves:

1. Step left push right 2. Step right push left
3. Inside outside right foot 4. Inside outside left
5. Stop, push outside right foot 6. Stop, push outside left foot
7. Inside left outside right 8. Inside right outside left
9. Roll with left push outside right 10. Roll with right push outside left
11. Scissors - step left push right 12. Scissors - step right push left

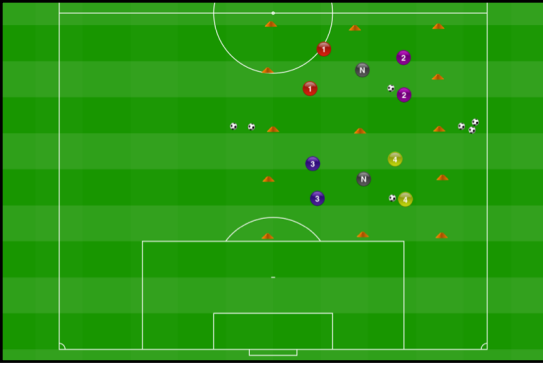


### Day 1/Day 3

#### 1v1 Footskills

1v1. 2 grids with one line on each side. Defenders are on one side with balls. Defender plays ball across to the attacking player, attacking player runs at the defender with pace, and tries to beat the defender and carry the ball over the end line. If defender wins it, they carry the ball of other end line. Stay in same lines. Switch defenders after a few rotations.

Coach: good first touch, dribble at defender with pace, have controlled touches, burst of speed when you go past the defender.



**Day 3**

*2v2+1 Across end line*

2v2+1 round Robbin games. 2 vs 2 with 1 neutral player. Team must dribble across end line to score. 5 minute games, can do semi/finals if time allows.