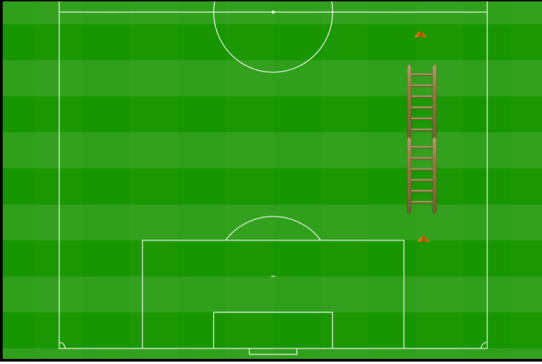


Day 4

Date: 3/2/16, 7:29 AM

Warmup



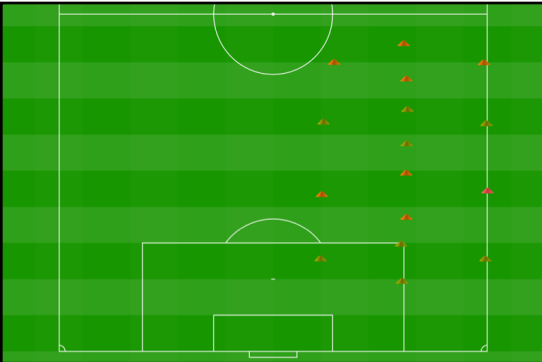
Warm-Up Speed Ladder

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

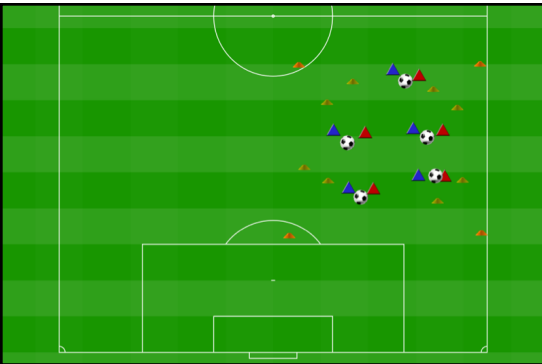


Day 4

Footskills with partner

Foot skills with partner add turn. Player passes ball to partner, partner does skill and passes ball back to partner. Players should be turned side ways when receiving the pass.

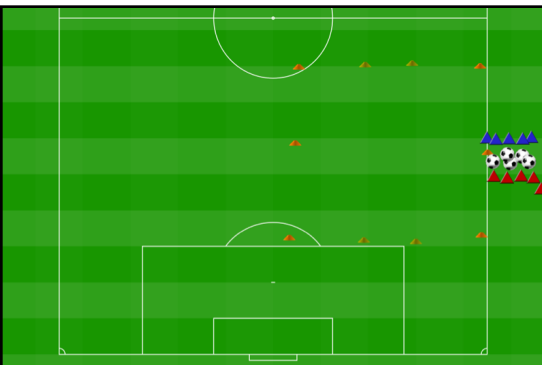
- Skills:
1. Inside/outside/outside/inside/pass
 2. Inside/outside/outside/turn with outside/pass
 3. Turn with outside/outside/outside/cut inside
 4. Turn inside/inside/outside/outside turn/pass
 5. Turn outside/outside/pass



Day 4

1v1 through gates

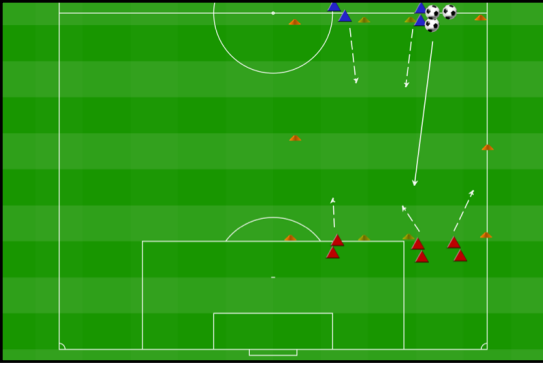
Player has a partner, each in a different color pinnie, and 1 ball. Large box, with cones set up in the box as gates. Players will go 1v1 and try to dribble through any of the gates for 1 point. Switch who is attacking/defending every minute, then switch partners.



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 4

3v2 to goal

3v2 to goal. 4 defenders on one side 6 attacking players on the other. The 2 players defending play a ball to any 3 attacking players to start. Ball is live until it goes out. Then next group plays.