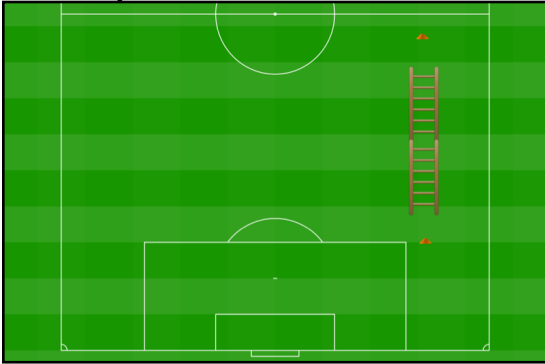


Day 5

Date: 3/2/16, 7:32 AM

Warmup



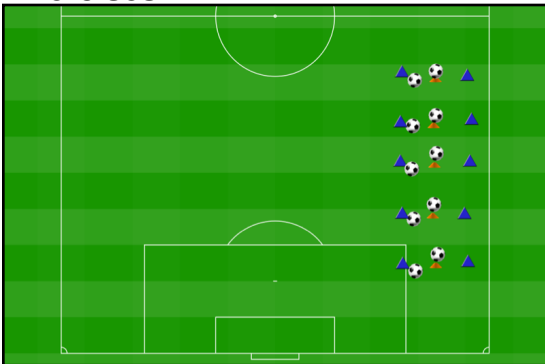
Warm-Up Speed Ladder

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

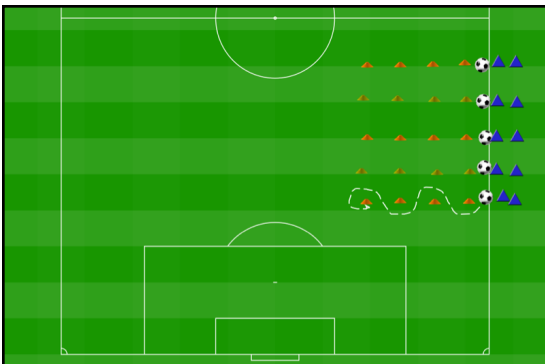


Day 5

Footskills around cone/ball

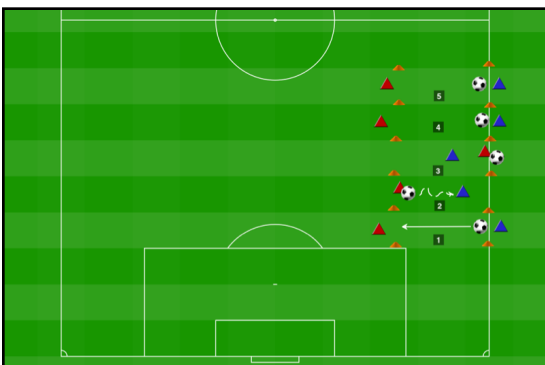
2 players, 2 balls. 1 cone. One ball on top on the cone and players 1 yards from the cone on opposite sides. Players perform skill around cone moving sideways, then pass to partner, then shuffle back to other side of cone. Ball rotates one way around cone, then switch directions.

1. Inside pass inside
2. Outside pass inside
3. Stop/ outside pass inside
4. Same side/foot of cone inside/outside pass inside (Same foot)
5. Inside/outside two feet pass inside
6. Scissors/outside pass inside



Day 5

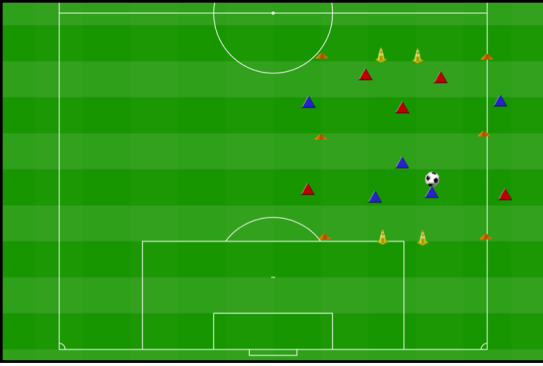
Footskills - cone relay



Day 5

1v1 tournament

1v1 tournament - King of the court. Defender plays ball across and attacking player tries to dribble across the end line for a point. Switch attacking player each rep. 2 min games, if you win the player moves up a field, if you lose you move down a field



Day 5

3v3 +2 game

3v3+2. 3 players on the field for each team and 2 extra players on the opposite half on the outside. If the ball is played to outside player, outside player dribbles in the field and joins game (should dribble towards goal). Player that passes the ball rotates out.