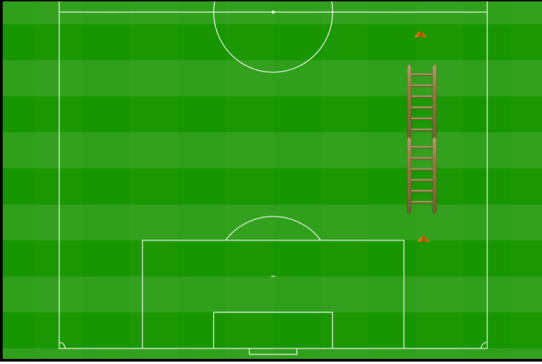


Day 6

Date: 3/2/16, 7:35 AM

Warmup



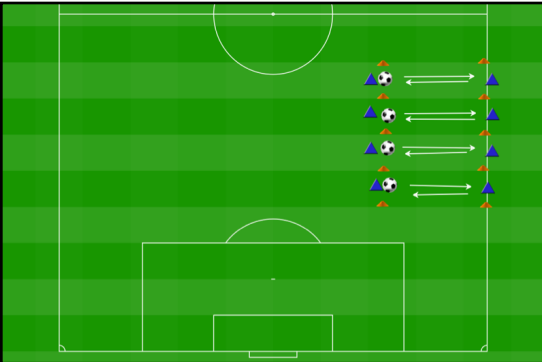
Warm-Up Speed Ladder

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.

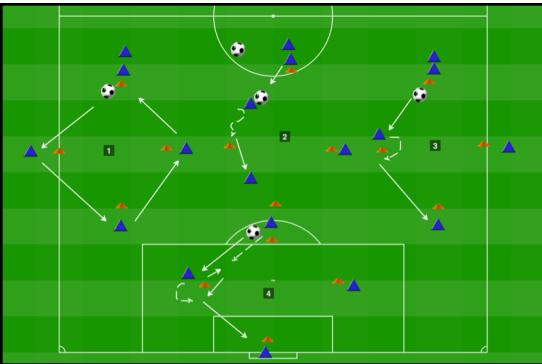
Exercises



Day 6

Passing- Basics

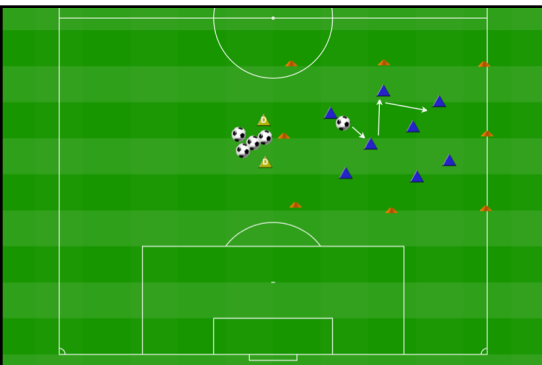
Go over the basics. Use inside the feet, heel down toe up, ankle locked, plant foot towards your target, strike through the ball (don't twist).
Call for the ball, look up before they play it.
Two touch trap pass, right foot only, left foot only, trap with right pass left, trap with left pass right, trap inside push outside pass, drag outside pass, one touch.



Day 6

Passing- Diamond Pattern

Diamond passing pattern. Ball is passed around the triangle, players will have different task when receiving and passing the ball. Do each drill in both direction. Players start a yard behind the cone and follow pass. 1. Check to, receive inside/pass inside (right/left). Then receive with right, pass left (switch). 2. Check closer to ball, receive, turn, dribble at cone, pass. 3. Check to ball and receive with outside of the foot, inside the cone then pass. 4. One touch, short short long. Player passes ball in, other player sets the back to him to combine around cone the plays to the next player.



Day 6

8v2 Possession Passing

8 players in the box connecting passes, 3 touch max. Coach will then send 2 defenders in to try to steal the ball. Players should move, talk, and play quick passes. Defenders defend for 5 balls each the rotate. Can add more defenders if too easy



Day 6

4v4 +2 endzone passing

4v4 inside with 1 neutral player at each end zone. Neutral need to move to get open in neutral zone and call for the ball. Rotate them every few minutes.

First game; if a team can get 4 passes they get a point.

Second game; if a team can pass the ball from one neutral player to the other without losing the ball they get a point.