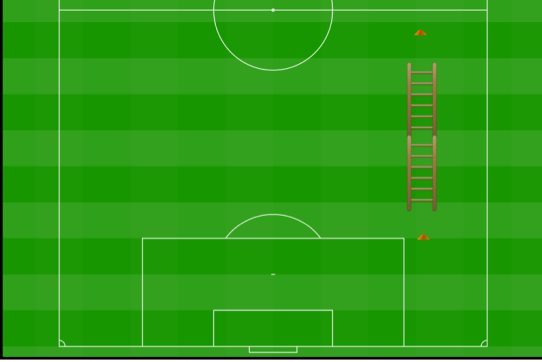


Day 7

Date: 3/2/16, 7:36 AM

Warmup



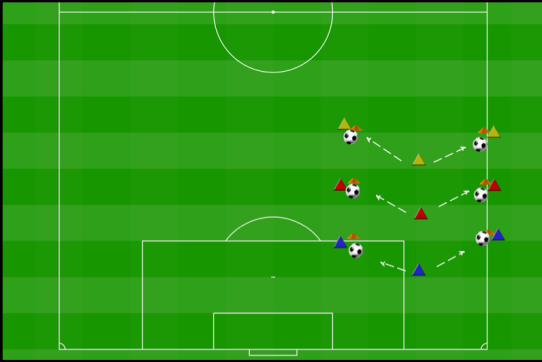
Warm-Up Speed Ladder

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.

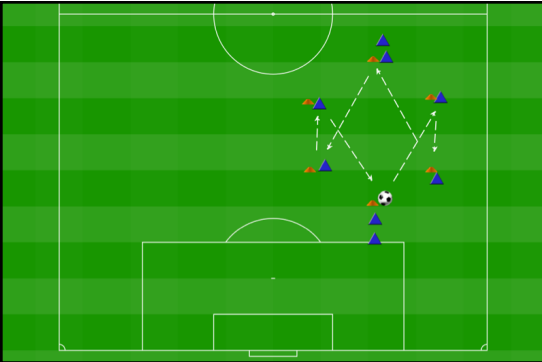
Exercises



Day 7

Passing groups of 3

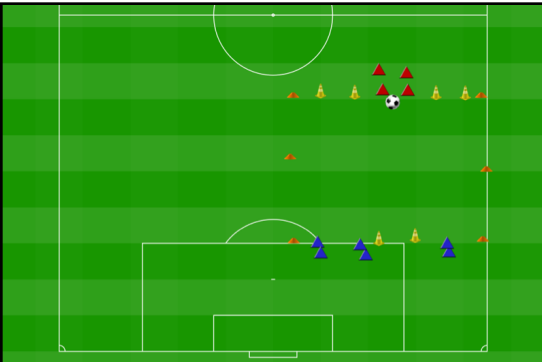
Groups of 3. Players on outside have a ball, player inside is working. Player in the middle checks to outside players at a good angle, and calls for the ball. 1. Two touch, right right one side, left left the other. 2. One touch, right one side, left the other. 3. One ball with outside player, player checks to the ball, controls with far foot, passes with other. 4. Controls with far foot, passes with same foot. Rotate players each minute.



Day 7

Passing - pattern play/set

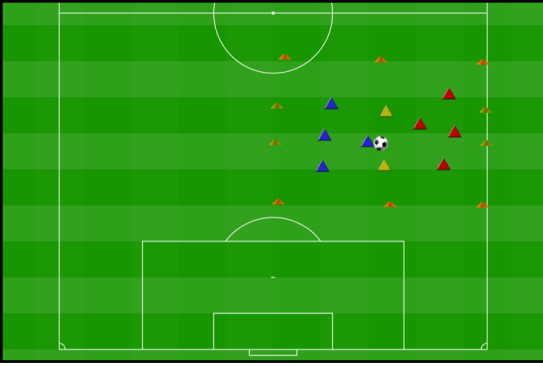
6 cone passing pattern. Start 2 touch then build to 1 touch. Can use two balls at a time if able.



Day 7

3v2 To Goal

3 attackers 2 defenders. Defensive player plays ball to any attacking player, then play is live. Attacking players are up a player and should be able to connect passes, open up and create good angles, and wait for an opportunity to go forward.



Day 7

4v4 + 2

4v4+2 going to goal. Attacking team always has a player up so there should always be an option to pass. You must pass the ball twice before you can score. 3 touches max. No restrictions at the end.

Coaches should express to get your head up to find a pass, spread out and move to get open, passes can go backwards, not always forward.