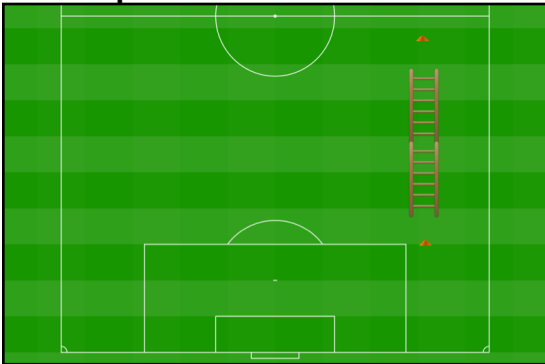


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Warmup



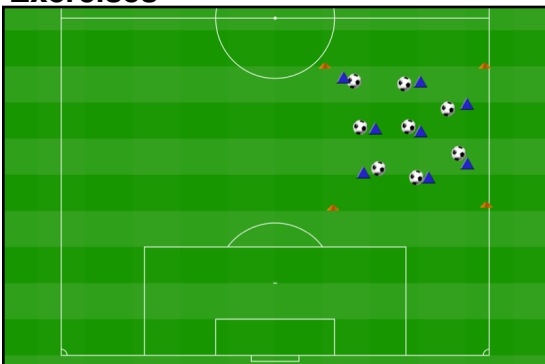
Warm-Up Speed Ladder

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

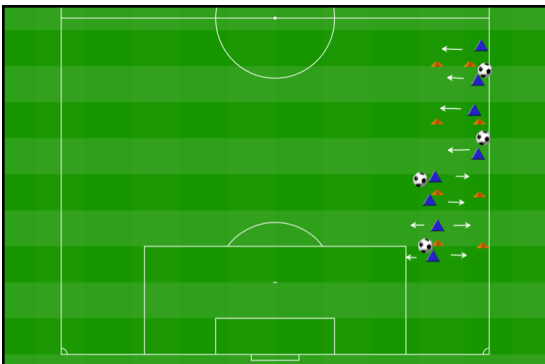
Exercises



Day 9

Receiving out of the air

Players start with the ball in their hand. 1. Toss the ball in the air and need to get a soft touch on the ball before it hits the ground and control it. Lock the ankle make foot flat. 2. Toss ball in air and carry the ball to the ground like an elevator or as if you were catching an egg. 3. Juggle, toss the ball up and have a soft touch back to your hands to catch it. Then try tossing it up and have two controlled touches the catch. Last toss it up and have a touch off your thigh, then foot, then catch.

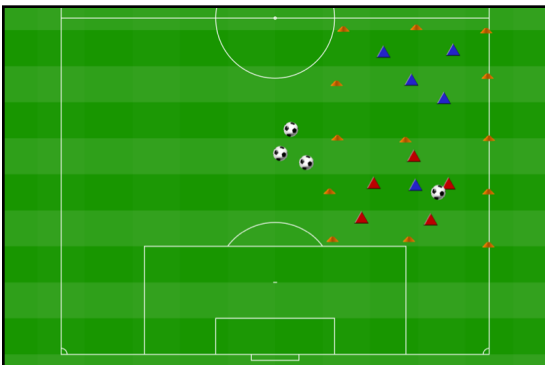


Day 9 Copy

Volleys

One partner one ball 2 cones a step apart. One player is working and one player passing/tossing. Players are moving side to side after each rep. 10 total and switch. 1. Two touch passing on the ground. 2. One touch passing on the ground. 3. Inside the foot volley off the bounce (heel down toe up ankle locked). 3. Laces off the bounce. 4. Inside volley out of air. 5. Laces volley out of air.

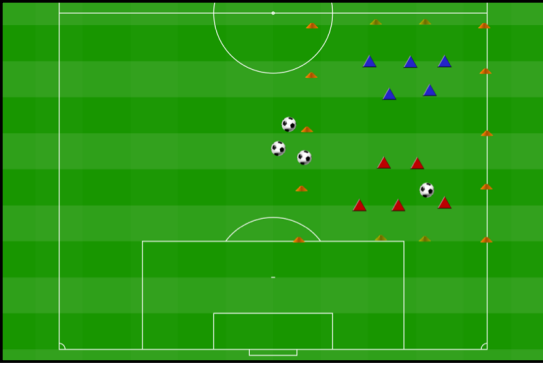
The closer the kids are the better, stress good tosses, and soft touches, wide stance, good technique.



Day 9

5v2 zone game

Possession type game, 5 players on each side of the grid. Coach plays a ball in to one side and the other team can send 2 players over to try to steal it and pass it back to their side. If you get 5 passes it's a point. Depending on numbers and how it's going you can adjust to 1 defender. Try to have a large space for this drill.



Day 9

5v5 with throw ins

5v5 with throw ins so they can work on receiving the ball out of the air. Use the your whole area.
Play 3 in the back and 2 in front of them so the can get ready for charlotte