Description	Organization	Coaching Points
WARMUP (20 min)		
Dribbling: 1 at a time dribble across area replace	2 or 3 Circles - 8 players (1 ball) 16 yds diam	Thinking in advance who to go to
player on the opposite side by tagging (changing	10 min	
places with them) DEV sit down after dribbling	1. 2 Second part going around	Lots of touches before getting to other player
(time how long it takes for 1 round all sitting - repeat)	3 4 / cones using R foot only &	
(U9-10, keep the flow going - no sitting, add 2nd ball)	5 L foot for those skilled.	Looking up while dribbling if possible
	7 8 Add a 2nd player going	
- then place 2 cones on outside opposite ea other	opp way - other 1/2.	Keep it moving fairly quick and balls under control
call out a player (3) - have them dribble to/around each cone before returning to original spot while	Add a 2nd ball once they get idea so 2 dribblers are going at once then when use outside ony 1 player	
other is still doing inside work from above.	dribbles across inside.	
other is still doing hiside work from above.	10 min	
Moves - both directions getting used to Right and Left	Every player with a ball or cone - all facing same way	Quick fakes right and left
step over - without touching ball or cone	11. 6. 1. with 5 yds separating them across	Quick rakes right and left
scissors - w/o touching	12. 7. 2. so when they do their moves they	Little movement of ball so they get used to fakes
lunges behind ball - w/o touching	13. 8. 3. (C) all are looking same direction and	
inside cut move	14. 9. 4. can cheat off their neighbor and	Head, shoulders, body bending into fake
change of direction w sole of foot	15. 10. 5. mimic move the coach makes	
pulling backwards or rollover to side		
	Might divide the groups so 1 coach has small group	
TECH SKILL adding pressure (20 min) + break		
Shadow game - player (1) tries to get to either	2 cones; 1 ball; pairs working together	Decisions - which move to use; combine moves
cone and stop ball before (2) can get there.	Place the cones 5-8 yds apart depending on age	
Use step overs, fakes, lunges, cuts - go for 1 min	Imiginary line separates players from each other	Use of body to fake, crafty and deceptive
then switch roles change partners and go again	<- 1>	
matching up skills better to make players work	^ ^ 10 min	Be able to stop ball quickly once at cone
	<- 2 ->	
(1) and (2) dribble, 3 defends center area. (1,2) try and	1. 1. 1. Setup a 15 x 25 yd area	
find appropriate time to dribble across using moves	1. 1. 1. Setup a 13 x 23 yu area	Same as above
Switch roles quickly having (1) leave balls & DEF	3 3 3 10 min	Same as above
then same with (2). See if players take advantage	3 3 3	Attack space when open (moment of transition).
of the moment of transition.	2. 2. 2.	Accused Space When open (moment of transition).
GAME LIKE CONDITIONS (15 min)		
1v1 - allowing players to score by dribbling thru gates	20 yd x 20 yd area; cones 3 yds apart; players at corners	
	Balls with COACH	
	1,2 3,4 1,2,3,4 (red) 5,6,7,8 (yellow)	Same as above
	۸ ۸	
	^ ^	Change of direction critical
	^ (C)oach serves balls in and calls	
	^ ^ which players come in.	Aggressive to win ball, be controlled
1v1v1 whoever has ball dribbles counting # goals	5,6 7,8	
truly a 1v2 as whoever gets the ball must beat the	Divide the group into 3 colors evenly and have one of	Shield ball while setting up move as needed
other 2 players changing direction	each color come into the game track pts by color,	
	change opponents if lopsided - different matchups	

Description	Organization	Coaching Points
WARMUP (20 min)		
Shuffle tween cones FWD, sprint 5 yds - return to line then BCK shuffle, turn sprint (3x each direction) Hop, lunge, stabilize R, L, R, L (3x)	4 or 5 Lines -2 cones 1 yd apart; 5 cone pairs in a row 4,3,2,1: ::: A	Go slow enough to be successful Keep ball close to cones when cutting around
R foot dribble around gates; then L (3x ea foot)	4,3,2,1	keep ball close to colles when cutting around
R ft: 2 outside touches to right, 2 inside around gate then fast dribble to cone with outside cut around	8,7,6,5 : : : : . ^	Bend knees to make hard cuts
1st time inside cut; 2nd time outside cut before dribbling back to line. Then same thing L foot. (4x)	10 min	Keep feet under hips when possible for balance
Lunge left dribble to right alternating (3x ea foot) Scissors move to right Scissors move to left (3x ea)	Take away 2 sets of cones - more space for moves 4,3,2,1 : : ^	Upper body essential to sell the moves.
Outside stepover w/ R towards left use outside R to carry ball away to right (same with L - 3x ea foot)	8,7,6,5 : : ^	Bend at waist and knees - shifting weight into fake
Dribble diagonally to left/stepover with L w/ back to		Pretend to accelerate before stepover, to sell fake
cones, cut with outside L towards right (repeat in opposite direction).	10 min	Hard cut, quickly move other direction
TECH SKILL adding pressure (20 min)		
1v1 to goal - (1-6) on DEF first; (7-12) on OFF Receive the ball from Coach and turn/spin/dribble thru either gate to score	Gates 15 yds from goal 3 yds wide; off goalposts Coach serves balls 15 yds from gates (30 yds frm GK) Players run to center and up between gates. ^ GK ^	Take a look for where pressure is coming.
Switch it up so go against different players. Change rolls from OFF to DEF	1,2,3 7,8,9 10,11,12	Use fakes to disguise intention/direction. Quick cuts and accelerate after move.
Demo move - receiving side-on with outside of foot	V	
stepover and face defender if you feel a need.		
	Coach	
GAME LIKE CONDITIONS (20 min)	Coucii	
Directional keepaway - 2pts for exchange with player (1) & 1pt for an exchange with player (2). Goals for every successful takeover. (3) switches places with (1) or (2) after takeover	Small sided game 3v3 with extras on sidelines 1/4 of the field area (directional to score) 1x 10	Take on defenders in the attacking third. Look for advantage by spreading the defense.
- changing with outside players by calling for a takeover (2) can enter field to complete the takeover, (1) must stay outside lines. (if fake the exchange player w/o ball goes back out)	3x 3x 3x 3x 20	Takeovers - player with the ball closer to DEF than the overlapping player.
If pass to the outside one touch to keep flow going. Only enter game with takeover.	30. 30 30 10 1x	

Description	Organization	Coaching Points
WARMUP (15 min)		
(1) -> (2) comes to middle passive DEF (2) makes move and they trade places then (2) -> (1) - repeat (def "side-on" jockey back a step take away 1 side)	Pairs 10 yds apart 1 ball facing each other 1.	Get comfortable with 3 moves - both directions Slow at first, but then go at speed.
1v1: Two minute games w bibs rotating down a field keep track of the number of wins. (Must dribble thru to score)	Set up five 1v1 games with goals on the goal line -> 15 Next set of fields starting on the 20 to 35 with all the players on the 15 and 20 in bibs	Make sure adequate distance - don't get too close before making move Sell the fake
TECH SKILL adding pressure (20 min) + break		Sen the rake
Directional keepaway - 2pts for exchange with player (1) & 1pt for an exchange with player (2). Goals for every successful takeover. (3) switches places with (1) or (2) after takeover - changing with (2) by calling for a takeover (2) can enter field to complete the takeover, (1) must stay outside lines. (if fake the exchange player w/o ball goes back out) If pass to the outside one touch to keep flow going. Only enter game with takeover.	Small sided game 3v3 with extras on sidelines 1/4 of the field area (directional to score) 1x 10 3x 3x 3x 3x 2x 3o 3o 3o	Take on defenders in the attacking third. Look for advantage by spreading the defense. Be efficient - using timely pass and combination play with (2) to open (3) up to dribble and score. Takeovers - player with the ball closer to DEF than the overlapping player. Shielding Field awareness Safe decisions while defending; risk on offense
GAME LIKE CONDITIONS (20 min)		
Focus on dribbling at least 3 passes + 1 dribble to beat defender before go in to score. Takeover results in immediate ability to go to goal. If you want help you can stepover and pass back to	1/4 of the field - depending on number of players 30yd middle area; 10yds either side in front of GK 50yd space - playing side to side GK on Football sidelines ^ GK x ^	Same as above Look for opportunities to penetrate to score.
another player to join in attack making it a 2v1. GK restarts game by kicking ball to teammate x	50 5x 1x . 2x 3x 4o	Shield ball from pressure. Look to combine passes with dribble to open game up and spread the defense.
Attempt to beat GK with dribble move rather than hard shot. Objective is to use deceptive skills to score w a pass on the ground, not a driven shot.	10 20 30 6x 6x 6x 6x	Use finishing skills to place ball to beat GK. Head up, find GK, try and fake (dribble GK)