

WEEK 3: Footwork Refresh, Passing Basics

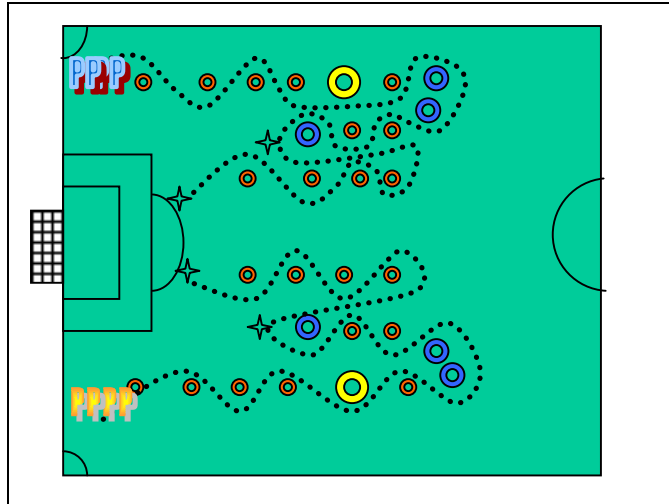
Activity 1: Warm Ups - Dribble Drill (10-15 minutes)

Round 1: Players dribble around the cones. They can shoot from blue hoop, or continue around and shoot from closer in.

Round 2: Yellow hoop is poison. Any players dribbling to the yellow hoop need to crawl – dribbling the ball using their head, elbow, etc. until they reach the next orange ring.

Purpose/Coaching Points:

- Develop foot quickness
- Heads up dribbling
- Decision-making – take opportunity to score from further away if option presents itself.



Water Break!!!!

Activity 2: Game – Four Corners Game (10-15 minutes)

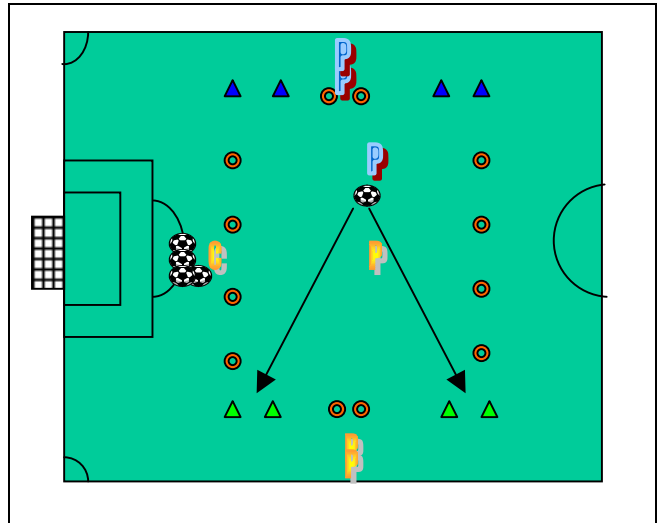
Two teams, each team attacks one direction. Need the pennes for this one!

A goal can be scored through the flags in either corner, i.e. each team can score on 2 goals

If one goal is well defended, it means that the other goal is probably available.

This game fosters the decision about where, when, and why to attack.

Coach throws in the ball toward one player or the other or between the two. First player to reach the ball is the attacker. The second player is the defender. First team to score 5 goals wins. Coach can keep the game close by strategic serving of the ball... ☺



Purpose/Coaching Points:

- Improve ball control
- Protect the ball from attackers
- Quick decision making
- Cooperation between ball stealers to get ball in net.

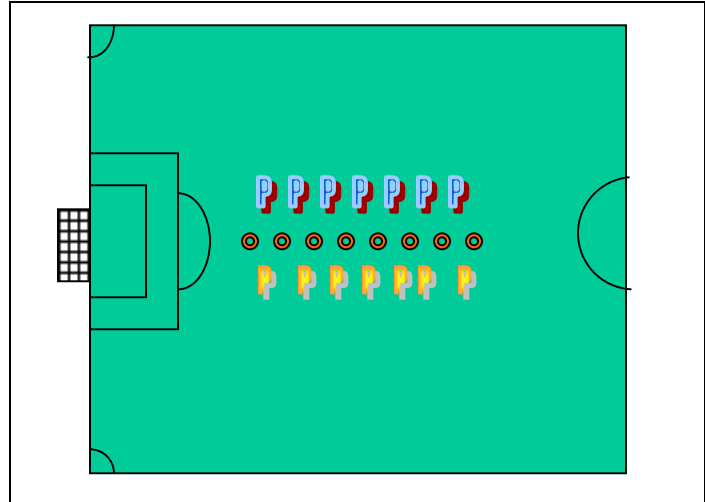
Water Break!!!!

Activity 3: Passing Back and Forth (10-15 minutes)

Working on striking (passing, shooting, etc.) and receiving, "Back and Forth" simply provides each player with a number of repetitions.

Players are instructed to visualize the cones as being small goals. Each should stop the ball before striking it back to a partner.

Upon receiving the ball, a good surface to teach is that of the inside, making sure to keep the foot about an inch above the ground, toe slightly up, heel slightly down. Outside is another lesson, making sure to turn the toe inside towards the plant foot.



The striking motion may consist of inside, laces, or outside foot. Encourage trying all three.

Two iterations – have each team count the number of successful passes that go through the "goal". Second iteration – encourage each team to beat the first number.

Purpose/Coaching Points:

- Develop good passing and receiving skill
- Point out that there are more than one way to strike and receive the ball
- Point out accuracy over power

Water Break!!!!

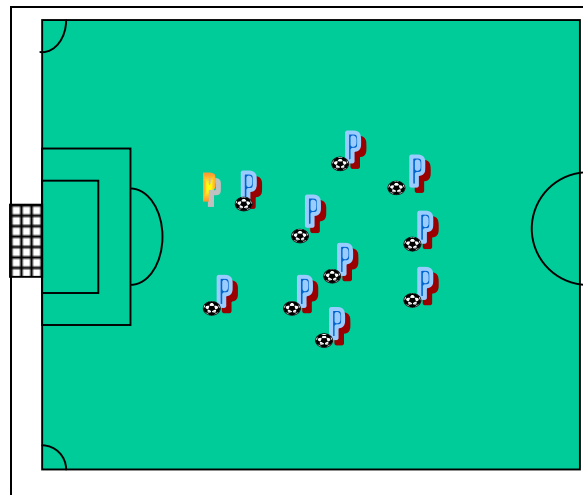
Activity 4: Game - Takeaway

This game builds on the previous one by adding the additional factor – the net.

Each player dribbles in a square with a ball. One player attempts to steal the ball from the dribblers. If designated player gets the ball into the net, the player the ball was stolen from becomes a ball stealer. Game continues until all balls are in the net.

Purpose/Coaching Points:

- **Improve ball control**
- **Protect the ball from attackers**
- **Quick decision making**
- **Cooperation between ball stealers to get ball in net.**
- Don't dribble the ball towards the net.



Scrimmage...