

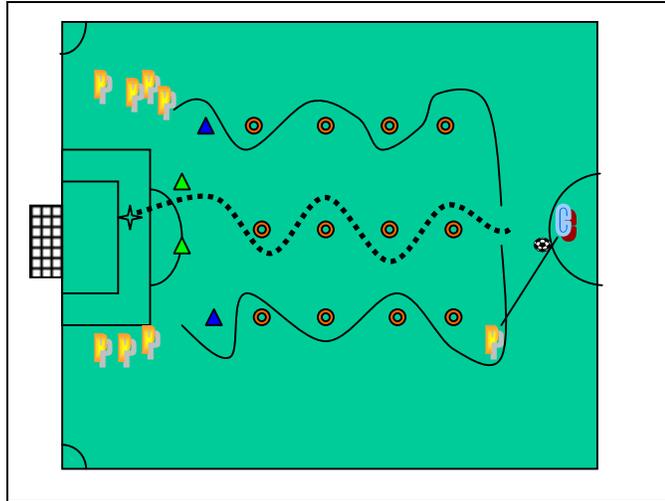
WEEK 4: Dribbling skills, Passing Basics

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

Start with two lines of players. Both lines dribble through the cones as shown. Goalie can be a coach or a helper.

Round 1: When the player gets to the end of the first row of cones, they stop the ball, then use the top of the ball to dribble to the middle row of cones, turn, then continue on to shoot on the goalie.

Round 2: When the player gets to the end of the first row of cones, they pass to the coach, collect the pass at the middle row of cones, then continue on to shoot on the goalie.



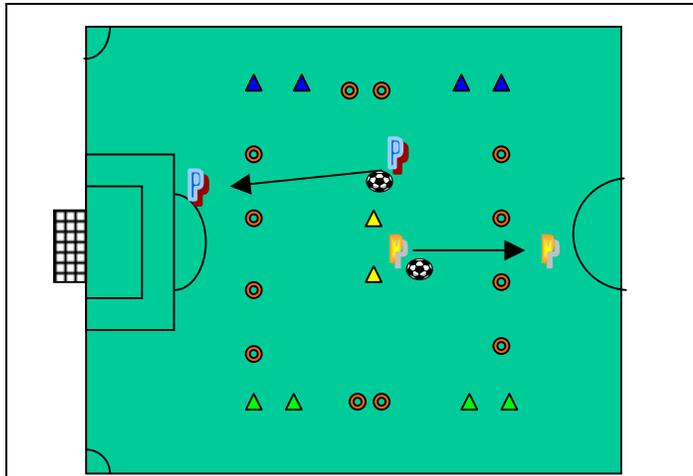
Purpose/Coaching Points:

- Develop foot quickness
- Improve ball control for close, side-to-side movement
- Short pass during dribble
- Collecting a pass

Water Break!!!

Activity 2: Passing through the cones game (5-10 Minutes)

Players pair up. If there are an odd number of players, have an assistant pair up with one of the players. The goal is to pass the ball between the cones as many times as possible. The players must pass through a different set of cones each time. Players count the number of completed passes in 60 seconds. During the second round, players are encouraged to beat the number of passes in the first round.



Purpose/Coaching Points:

- Short pass during dribble
- Collecting a pass
- Coordinating with another player
- Communication

Water Break!!!

Activity 2: Game – 2X2 Four Corners Game (15-20 minutes)

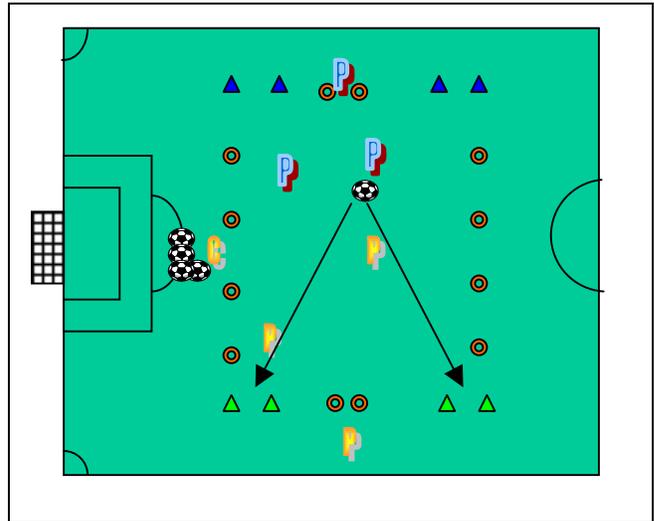
Start with a round of 1X1, just like last week.

For the second round, the players go out 2 at a time. Two teams, each team attacks one direction. Need the pennies 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!!!!

Scrimmage!