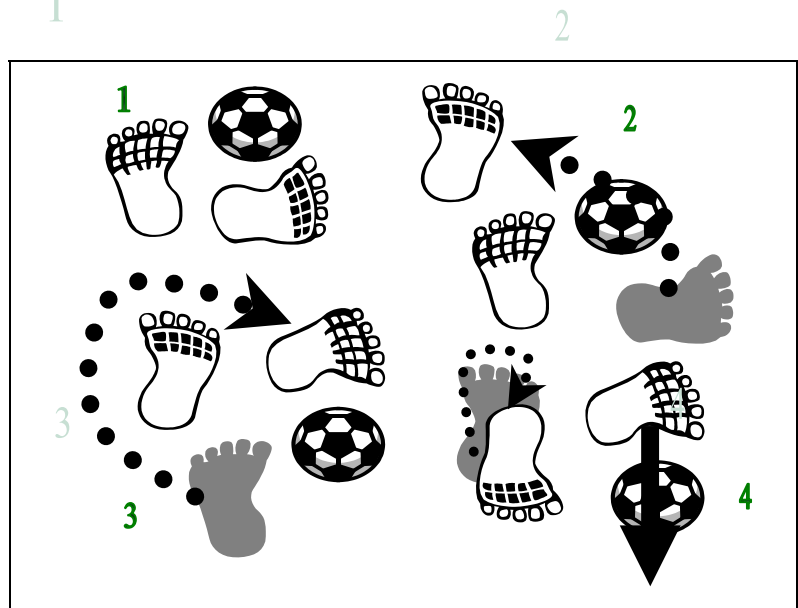


WEEK 6: Dribbling skills, Passing Skills, Striking skills

Activity 1: Back! (10-15 minutes)

This is a dribbling activity designed to practice dribbling skills and cover moves. Players line up on one end of the field. They dribble the ball towards the middle of the field. Each time the coach calls "Back!" the player performs the designated move.

- Round 1 – step on the top of the ball to stop it. Push the ball back in the opposite direction using the bottom of the foot. Turn and continue.
- Round 2 – stop the ball. Hop over the ball to protect the ball from opposing player. Turn and continue.
- Round 3 – Stop the ball. Use the back of the foot to direct the ball back in the opposite direction. Turn and continue.
- Round 4 – "Step over". Stop the ball. Fake a pass by kicking over the top of the ball. Turn and continue.



Purpose/Coaching Points:

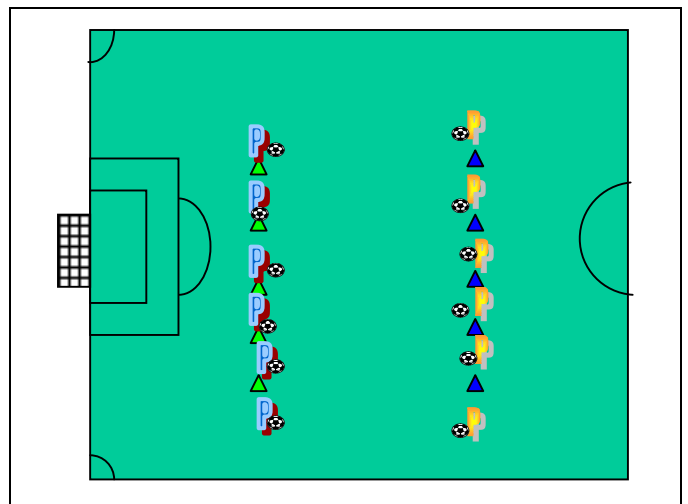
- **Develop foot quickness**
- **Improve ball control**
- **Basic dribble techniques/skills**

Activity 2: Strike the cones game

Two teams line up in a row. The object of the game is to hit the opposing teams cones with the soccer ball to tip them over. Players are not allowed to block the cones. Good ball striking techniques should be used to hit the cones. First team to tip over all the other player's cones wins.

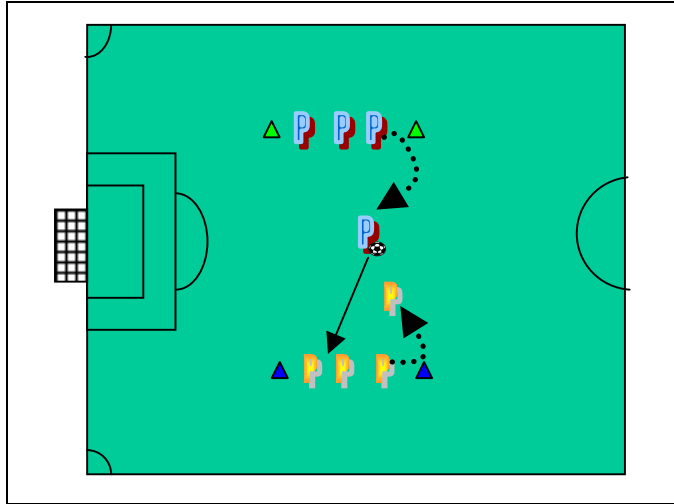
Purpose/Coaching Points:

- **Inside of the foot**
- **Outside of the foot**
- **Strike with laces for power**



Activity 3: 1 on 1s (10-15 minutes)

This drill serves two purposes. First, it develops 1-1 dribbling skills, which is useful in game situations. Second, it helps players to be less intimidated by the ball. Players line up in two goals on opposite ends of the playing area. Players rotate from left to right. Rightmost player takes the ball and is met by 1 defender from the rightmost spot in the other line. If the attacker gets around the defender, the attacker attempts to score a goal. The goal is defended by the other players. Make the goals wide enough so that the attacker has a chance to score. Defender then becomes the attacker, and is met by rightmost player from other line. First team to 5 goals wins.



Purpose/Coaching Points:

- **Dribbling skills**
- **Defending skills**