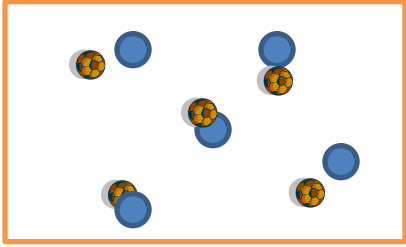




Ball Familiarization



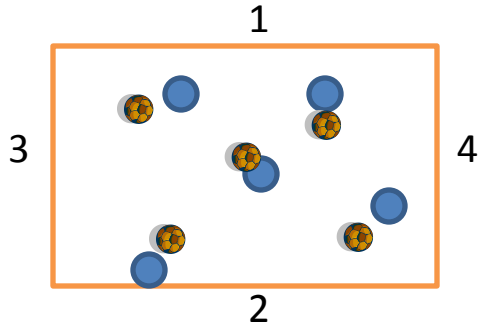
Objective: Improve the players ability to change direction using different parts of the foot



Area 20x20 1 ball each
 When coach says go players have to move the ball
 1. Inside of the feet
 2. Bottom of the feet (cleat)
 3. Combination
 4. A pull push (laces away cleats pulling back)

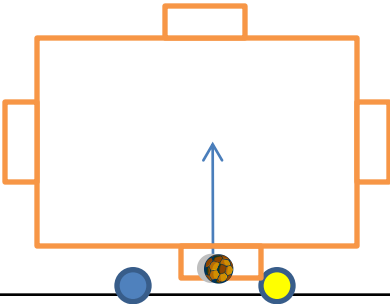
Coaching Points

- Head up
- Knees bent
- Start slowly
- Establish a rhythm



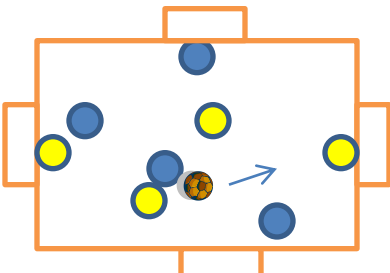
Area 20x20 each player has 1 ball
 Each side of the area is numbered from 1-4
 Coach calls out a number and players have to get to that side as quickly as possible
 Add one -defender if attacker loses possession they become the new defender

- Fast feet
- Ready to change direction



20x20 with 4 two yard goals
 Coach serves ball in and players score by dribbling the ball through a goal
 Progress to 2 players

- Recognition of weak side
- Deception
- Change of speed



4v4 game
 Team one scores North and south
 Team 2 scores east and west

- Team Shape
- Awareness of opponents