

## TECHNICAL WARM-UP

### Gates Dribble

**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Each player should have a ball at their feet. Count the number of gates dribbled through in a specific amount of time (1 minute). Players have to go through each gate once before the can go through the same gate again. Variations -  
-R foot only -L foot only -Inside foot dribble -Laces dribble

#### Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?



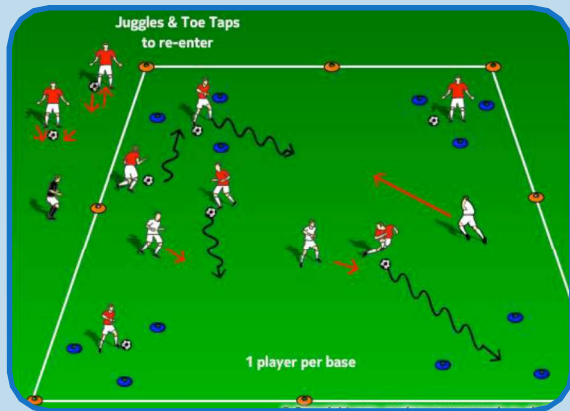
### Base Tag

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (4) bases made up of 3 cones (4x4x4) throughout the space. Designate a groups of player who are "it" to begin the game. The players who are it, are without a ball. Those who are not it have a ball. Only (1) player can be in a base at a time. If you are in a base, and someone new comes into the base you get "bumped" out. If you get tug outside the base, run over to coach to perform ball skills to enter the game again (juggles or toe taps #). After 2-3minutes, there is no re-entry once tug. Players rest outside space. Coach need to reduce the bases 1 by 1 to ensure there are fewer bases than players remaining.

#### Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?



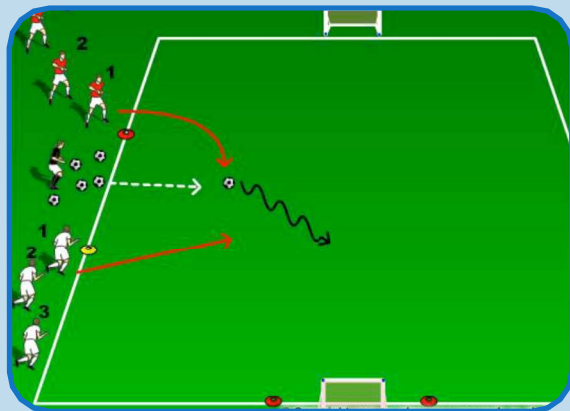
## SMALL-SIDED ACTIVITY

### Slot Machine Match-ups

**TRAINING AREA** = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

#### Guided Questions?

\* What part of the foot should you use to dribble? Shoot? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above

