

### 1. Dribble Across the Square Warm-up (every practice)



- See Week 1 Plans for details

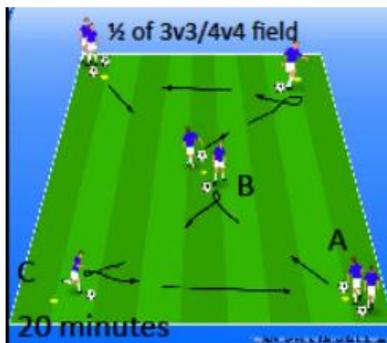
### 2. Shield & Turn



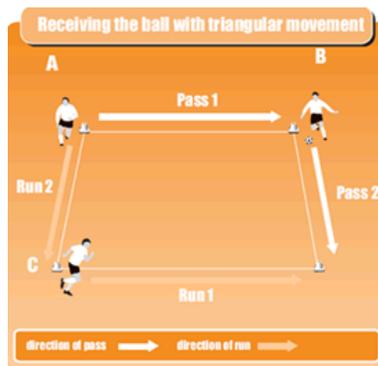
- Use cones to make 5x5 grids.
- In pairs, one player shields and turns the ball to protect from being hit by the ball that is thrown.
- Players swap roles when the ball on the ground is hit.
- The players must keep the same ball during the game.
- Change matchups every 45 seconds
- See who can get the most least hits

### 6. Scrimmage (15 minutes)

### 3. Box Soccer Turns



- Dribble A to B to C to A performing outside turn / pull back at B & C (right foot)
- Dribble from A to C to B to A performing inside turn at B & C (right foot)
- Reverse direction for left foot.
- Complete 8 circuits for each turn.
- Next in line begins when player ahead of them completes their first turn
- Two groups in each box race against each other.



### 4. 1 v 1



- Coach serves ball from center towards either player.
- Score in either goal after turning/changing direction to beat opposing player.

### 5. Triangle Passing

1. Set up a 5 yd x 5 yd grid with 4 cones.
2. 3 players per grid (standing as shown – A,B,C)
3. Player A passes to player B and immediately sprints to the position vacated by player C, who has run to the spare cone.
4. Player B receives the ball and passes to player C with no more than two touches.
5. Player B sprints to the space created by player A.
6. The pattern continues as player C receives the ball and passes to player A who passes back to B.

Notice the ball is going one way, while the player runs the other. It will take a few times doing this drill before they get it but will do wonders on movement off the ball.

#### Progression

7. Start ball with Player A and they can pass to either B or C. Whoever does not get the pass has to immediately run to the vacant cone to give their teammate a second option to pass to.
8. Receiving player can pass to whoever and the movement repeats. Non-receiving player immediately runs to the vacant cone.