



Description

Gate Dribble w/ Pass (15 mins)

Organization: Gate Dribble Pass 20 x 20 yard area set up; 9 players set up as shown; 3 balls

Instructions:

1.) **Takeover.** B dribbles through the middle gate to A and then A takes the ball from the foot of B to then dribble through the gate and perform a takeover with C

2.) **Dribble Pass Switch.** B dribbles through middle gate and then passes to A, A take a positive 1st touch and then dribbles out himself through gates and passes to C

3.) **Pass+ receive** B dribbles through gates and passes to A, B opens up at an angle and A passes back to B, B dribbles back through the gate. Switch middle player every minute

Coaching Points:

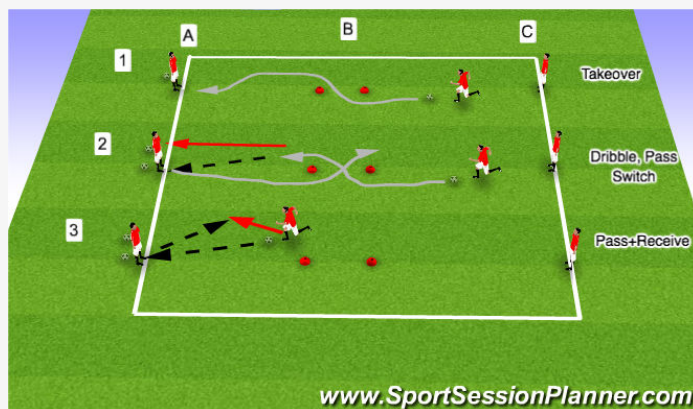
Hips square to target; Plant foot beside ball pointed towards target; Ankle locked, toe up; Follow through with pass; Strike through middle; Weight/Accuracy of passing; Movement to receive; 1st touch; Dribbling technique; Awareness

Progressions:

Use only your weak foot

Regressions:

Decrease the distance



Passing/Turning (10 mins)

Organization:

10x5 lanes

3 players in each with one in the middle as shown

Instructions:

1) **Short, Short, Long**

1 passes to 2

2 passes back to 1

1 passes to 3

Then reverse.

Rotate middle player on coaches command (1 minute)

**We want the middle player to show at an angle (to the side) and be taking a look behind them before receiving the ball

2) **Half turn**

The player in the middle stays in the middle the whole time. Middle player should always have their body in an open position so they can see both players. Use 1 minute rotations

Player in the middle should check away from the ball then come back to it, half-turn, and play the "target"

The check away can be slower, but the check to the ball, the turn, and the pass should be done quickly

3) **One-Two**

Player 1 passes into player 2

Player 2 lays off to player 1

Player 1 passes to player 3

Player 1 is now in the middle

Player 2 now goes to where player 1 made their run from.

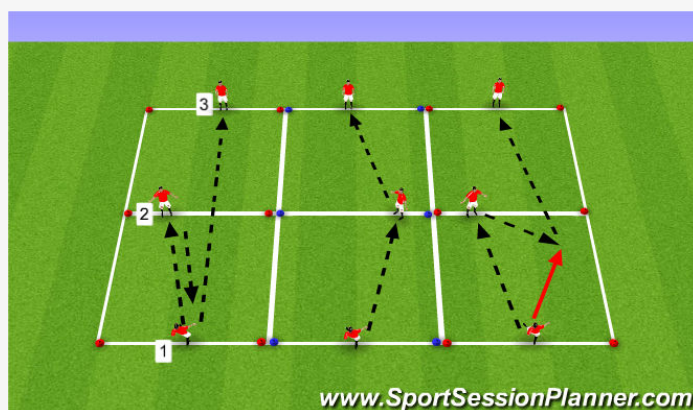
Coaching Points:

Quality of pass

On toes

move towards the ball

timing of run



4v2 to Target

Set Up

25x15 grid with target players at both ends

Instructions

Players combine to find the target players. Everytime they find a target player they get a point. Play 3 minute games then switch out one team to become the new targets.

Coaching Points

1. Can we use our combination play to find the target player
2. Targets need to show for the ball so we can find them
3. How are our passing angles
4. Stop the play when an opportunity to combine presents itself and walk them through the one-two or short, short, long



4v4 to Endzone (10 mins)

Organization:

1. One field = 30X20

Instructions:

Instructions

Teams score by playing a teammate into the endzone. A point may also be scored if a player can get into the endzone within 2 touches. Switch opponents every 3 minutes

Coaching Points:

1. Passing technique
2. Combination play using short, short, long or one-two
3. Getting depth from the target and defender and width from the midfielders to spread out the other team

