

Schedule for 5/22

Warm up-5 minutes

Toe Taps, Tick Tocks, juggling

Drill 1-Wreck it Ralph-10 minutes

Field Setup-4 cones are set out on field as goals. Pick 2 players to start as “Ralph.” All players start dribbling around while the two “Ralphs” try to steal and clear the ball. “Ralphs Wreck it” by stealing the ball, players score by touching their ball to the cones. Players can try to steal the ball back. Rotate new players in as a “Ralph” after a few minutes.

Coaches check-Encourage players to put their body in between the “Ralph” and the ball; point laces to ground with dribbling fast; Encourage communication between “Ralphs”

Goal-Heads up dribbling, ball protection, fast dribbling

Drill 2-Two Touch Pass it-10 minutes

Field Setup-Players scatter on field. Coaches roll in a ball to a random player. Players can only take two touches but must then pass the ball to a teammate. Coaches then act as opponents and try to steal the ball/interfere/make players move to “get open”

-Depending on how many kids show up, it might be advised to divide players into two groups, each coach working with a group so players get more practice.

Coaches check-Encourage the player with the ball to be actively looking for teammates for passes; Encourage players without the ball to be “getting open” and spreading out from the player with the ball.

Goal-passing, communication

Please feel free to pull players aside during drills to work on goaltending.

Game Time-30 minutes (4, 6 minute quarters with halftime)

-Players should have turns at both offensive and defensive positions during games. Please cycle your players through both lines.

-NO GAMES NEXT WEEK (MAY 29)-Please announce this to your teams

-Our last and final day will be June 5 (weather permitting)

-The game clock runs continuously. Because we want to ensure that all players have the most gametime as possible, please try to restart play as quickly as possible after throw-ins, goal kicks, and corner kicks.

-Incorrect throw ins will still be retried.

-Intentional handballs and dangerous plays (pushing, grabbing, elbowing, etc) will result in change of possession. **Please encourage your players to play the ball-coaches should be calling any pushing/elbowing they see, resulting in a change of possession.**