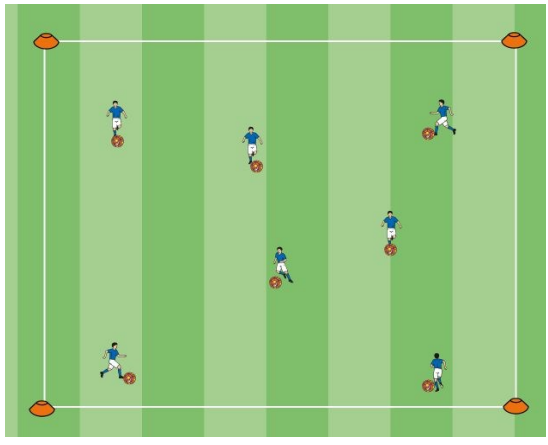
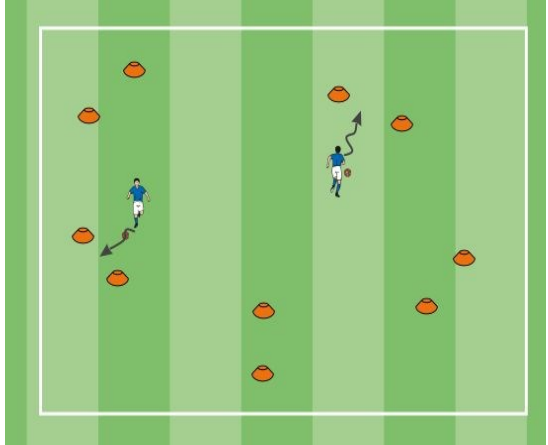
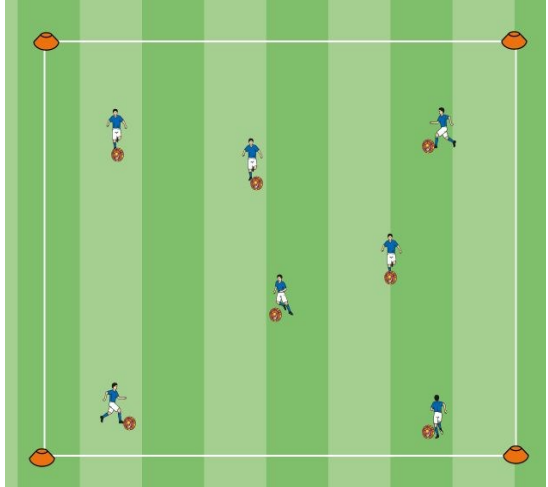
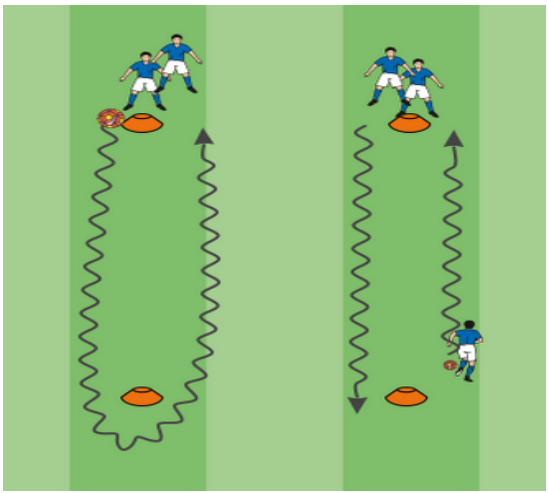
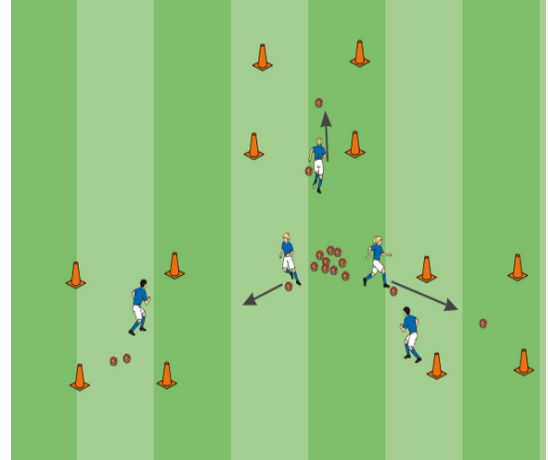
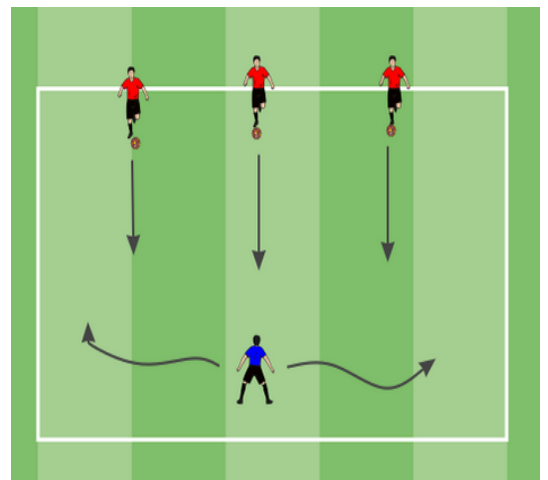


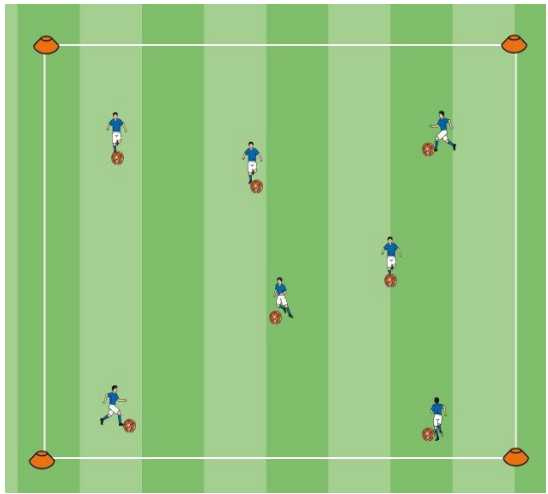
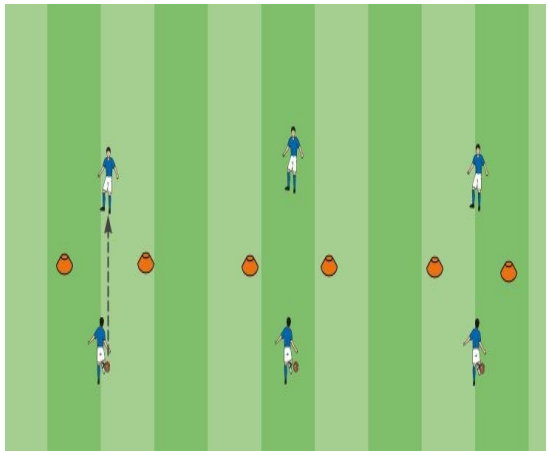
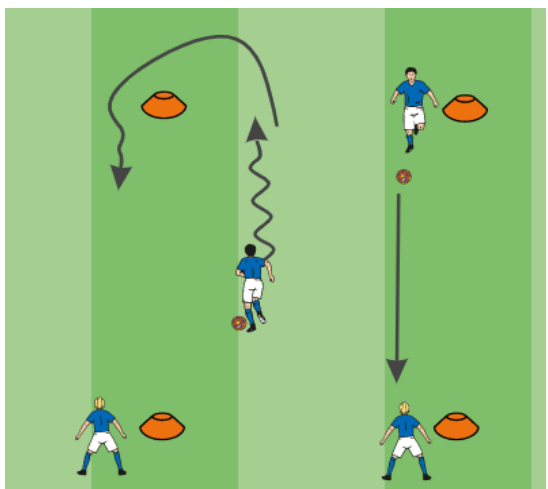
K - 2nd Focus: Dribbling

Warm Up / Ball Master	Organization	Coaching Points
	<p>Have players start by slowly jogging around the grid. Briefly go through: high knees, butt kicks, skipping.</p> <p>Ball Master: Players each have a soccer ball and dribble around the grid dribbling the ball using different surfaces of the foot:</p> <ul style="list-style-type: none"> • Left, right • Outside, inside • Sole roles 	<ul style="list-style-type: none"> • Emphasizing on small touches • Keeping the ball close <p>Time: 7 minutes</p>
Gate Dribbling	Organization	Coaching Points
	<p>Set up multiple gates with cones. 1st time through have players without a soccer ball run through as many gates as they can for 30 seconds.</p> <p>Next round each player should have a soccer ball to dribble through the gates to see how many gates they can get through before time is up.</p>	<ul style="list-style-type: none"> • Keeping the ball close • Looking up and not at the ground • Change of direction <p>Time: 7 minutes</p>
Red Light, Green Light	Organization	Coaching Points
	<p>All players dribble soccer balls in a grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Variations: add more colors slowly: blue – toe taps, orange - tik tocs, pink - hop over ball</p>	<ul style="list-style-type: none"> • How far should the ball be from the dribbler • When and how to change direction • When and how to stop the ball • Send players back to start if they are dribbling out of control <p>Time: 7 minutes</p>

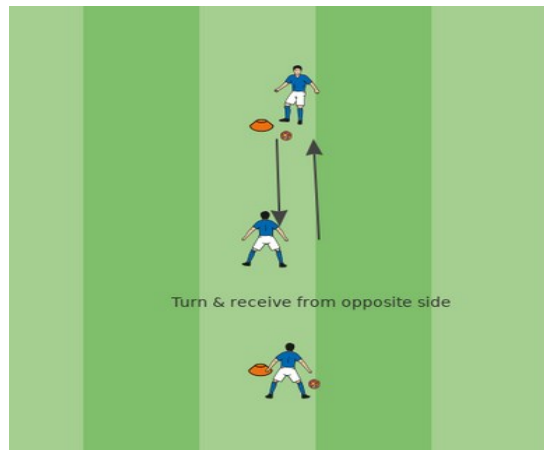
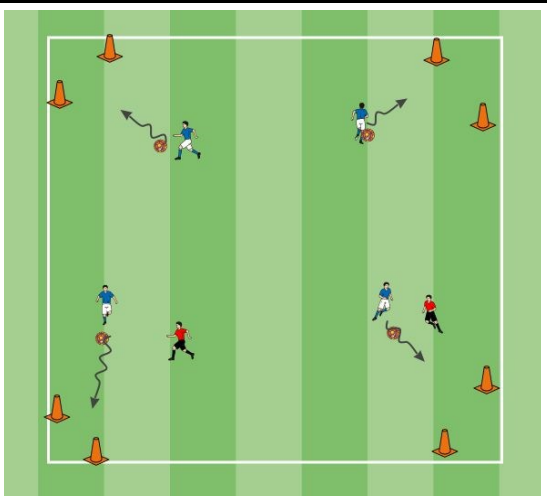
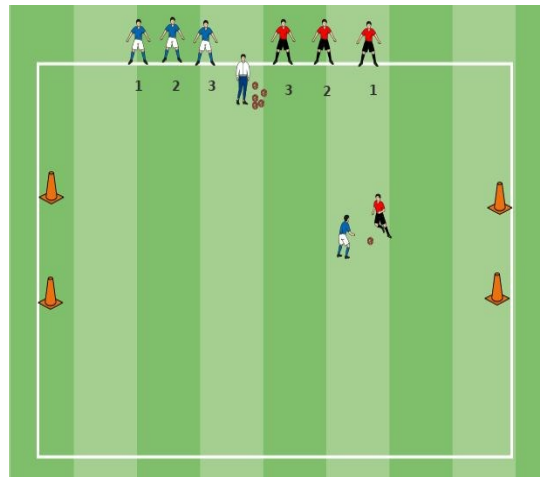
K - 2nd Focus: Dribbling

Dribble Relays	Organization	Coaching Points
	<p>Create 6 groups of 4. First player in each line dribbles out to cone and makes turn around cone dribbling back to start. Next person can go once teammate is back and give them the ball.</p> <p>Work on right foot only, left foot only. Outside of foot turn.</p>	<ul style="list-style-type: none"> Keep ball close Head up while dribbling Stay in control <p>Time: 7 minutes</p>
Castles & Treasures	Organization	Coaching Points
	<p>Divide players up into 3-4 groups assigning each a castle. Make it 4 corners if doing 4 groups. Place all the soccer balls in the center. All players start in their own castle. When coach says "go" all players run to middle to take a ball with their foot and dribble back to their castle. Player continue to bring balls back to their castle. Team with most at the end wins.</p> <p>** Work on pull back to retrieve ball. Only one ball at a time. Next round allow players to steal balls from other castles.</p>	<ul style="list-style-type: none"> Run with the ball keeping it close Make players use opposite foot <p>Time: 7 minutes</p>
Sharks & Minnows	Organization	Coaching Points
	<p>The minnows, the players with a ball, line up on one side of the grid spaced out in a line. Two players are designated as sharks and are positioned inside of the grid without a soccer ball. On the coach's command, the minnows dribble their ball through the grid and try to get to the other side without their ball getting stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>	<ul style="list-style-type: none"> Focus on fun while dribbling under pressure and making decisions Change of direction Defending <p>Time: 7 minutes</p>

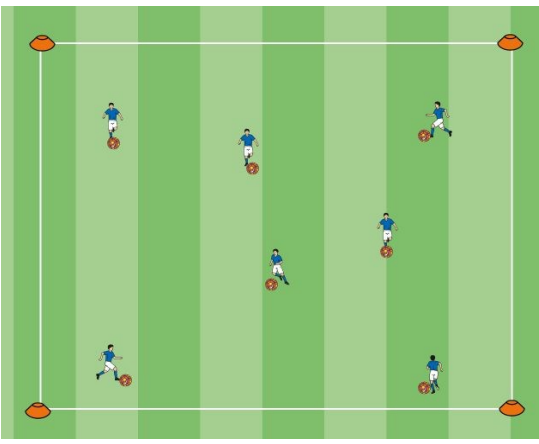
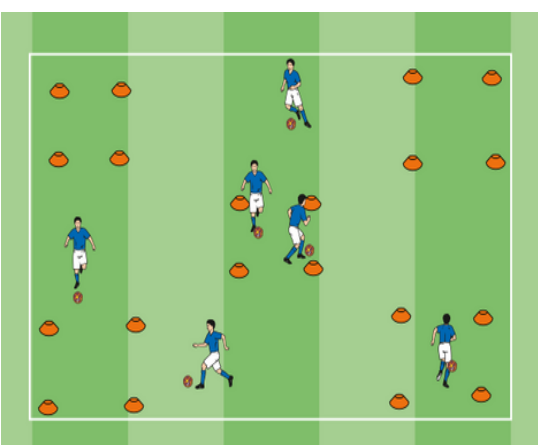
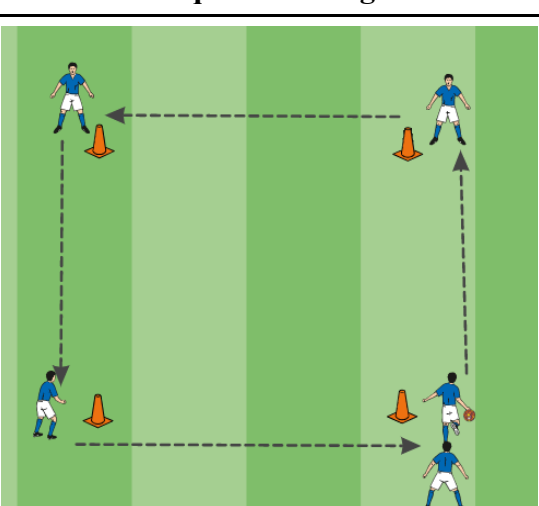
K - 2nd Focus: Passing

Warm Up / Ball Master	Organization	Coaching Points
	<p>Warm up: Cone flip - scatter disc cones in the area some placed right side up and other flipped upside down. Assign players to 2 teams. When coach says “go” one team will flip all the cones they can upside down. Other team will turn cones right side up. Most cones facing their team designation wins.</p> <p>Ball Master: Players each have a soccer ball and dribble around the grid dribbling the ball using different surfaces of the foot:</p> <ul style="list-style-type: none"> • Left, right • Outside, inside • Sole roles 	<ul style="list-style-type: none"> • Emphasizing on small touches • Keeping the ball close <p>Time: 7 minutes</p>
Partner Passing	Organization	Coaching Points
	<p>Start with partners close together and have them try lifting the soccer ball together using the inside of their foot. One partner’s foot on each side of the ball.</p> <p>Passing: have a set of cones a few feet apart for each set of partners to pass the ball thru. 2 coaches. Receive and send. Use the inside of the foot to pass. Pass to partner</p>	<ul style="list-style-type: none"> • Inside of the foot • 2 touches <p>Time: 7 minutes</p>
Dribble & Pass	Organization	Coaching Points
	<p>Split up into small groups. All players in each group start at one 1 with one ball per group. First player in line dribbles out and around cone. On their way back to starting cone player passes the ball to next in line who receives it and dribbles out and around cone out front. Repeat.</p>	<ul style="list-style-type: none"> • Dribbling in control • Inside of foot pass • First touch receiving • Ball should stay on the ground <p>Time: 7 minutes</p>

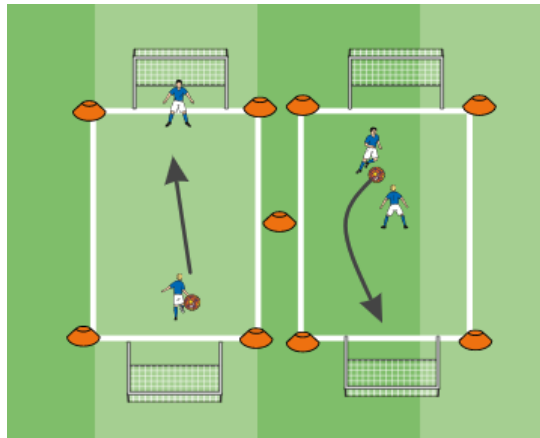
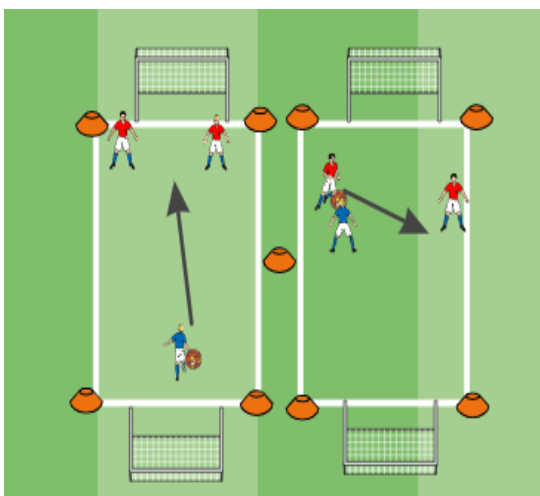
K - 2nd Focus: Passing

Turn, Receive, Pass	Organization	Coaching Points
	<p>Groups of 3 with players on the outside having a ball. 1 player in the middle. Outside player passes the ball to middle person who receives pass and sends it back to passer. Middle player then quickly turns and receives pass from opposite side and return ball back to passer. Middle person continue to receive ball, pass and turn and repeat.</p> <p>Give each player a turn in the middle</p>	<ul style="list-style-type: none"> • Good controlled passes • Receiving touch • 2 touches max in the middle • Outside player send pass as soon as they turn <p>Time: 7 minutes</p>
Split into 2 groups. Use the smaller cage to do 1v1		
Wreck It Ralph	Organization	Coaching Points
	<p>Set up 4 goals with cones & every player has a soccer ball. All players but two are trying to score as many goals as possible. 2 players or coach are trying to steal the ball from the other players before they make a goal. Once player scores goal they keep dribbling to other goals to see how many they can get.</p> <p>Variations: Younger age groups have coach be defender.</p>	<ul style="list-style-type: none"> • Dribbling with head up • Protect your ball • Defenders position • Goals do not have to go in corner of field make grid a size that best works for your players. <p>Time: 7 minutes</p>
1v1	Organization	Coaching Points
	<p>Set up 2 goals with cones. Split the team into 2 and each player receives a number matching someone on the other team. The coach rolls the ball out onto the field and calls out a number. Players assigned to that number run onto the field and play 1v1. Ends when someone scores or goes out of bounds.</p>	<ul style="list-style-type: none"> • Protect the ball • Shoot when there is a chance of a goal • Defensive position <p>Time: 7 Minutes</p>

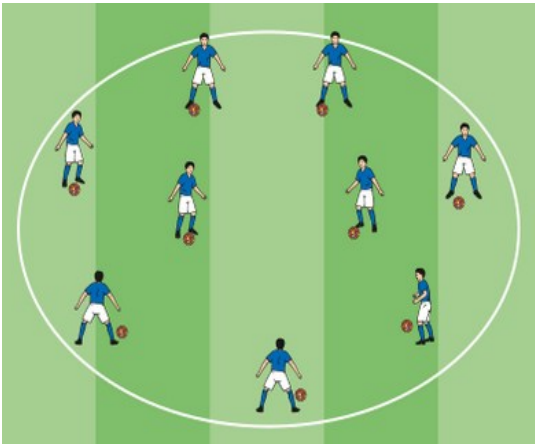
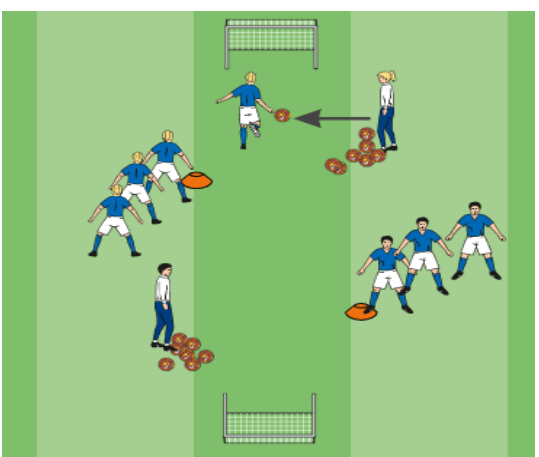
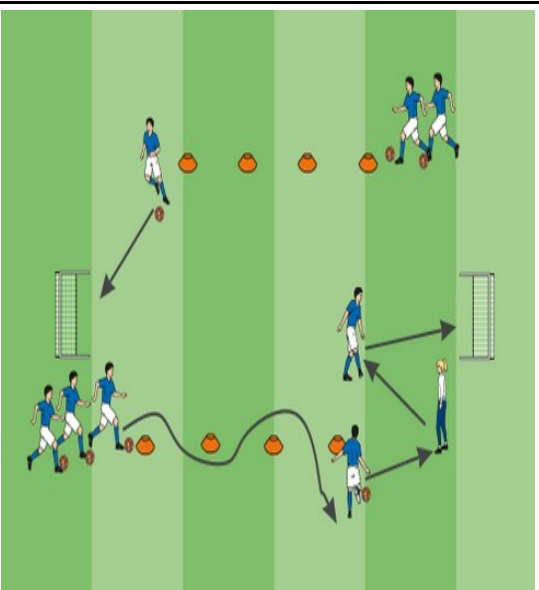
K - 2nd Focus: Defense

Warm Up Freeze Tag	Organization	Coaching Points
	<p>All players should have a ball except for one person who will be “it”. Players will continue to dribbling around in open space. If they are tagged they will pick their ball up and hold it up over their head and stand with legs wide apart. Players can unfreeze others by kicking the soccer ball through the frozen players legs.</p>	<ul style="list-style-type: none"> Always moving, no standing around Dribbling in control <p>Time: 7 minutes</p>
Shark Attack	Organization	Coaching Points
	<p>Set up multiple square with cones in the field. Players should all have a ball and choose a square to start in. When coach says “go” all players need to dribble to a new square “island” before coach steals there ball. Have 1-2 players be a shark who is trying to steal a ball. If a players steals a ball they are now the dribbler and the other player becomes a shark.</p>	<ul style="list-style-type: none"> Dribbling in control & avoiding others Stopping the ball <p>Time: 7 minutes</p>
Square Passing	Organization	Coaching Points
	<p>Create a 5x5 grid. 1 player on 3 of the 4 cones. The rest of the players in a line at one cone. (This will be the starting cone). The player with the ball uses the inside of the foot to pass to the player on the next cone, they then follow their pass to that cone. The receiving player controls the ball and then passes to the next cone, and follows their pass.</p> <p>Try to create 2-3 squares inside big netted area and use smaller netted area for 1-2 squares.</p>	<ul style="list-style-type: none"> Call for the ball Pass with inside of foot Plant foot pointed towards target <p>Time: 7 minutes</p>

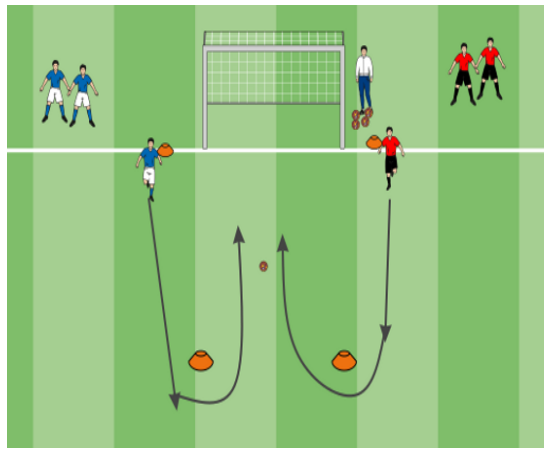
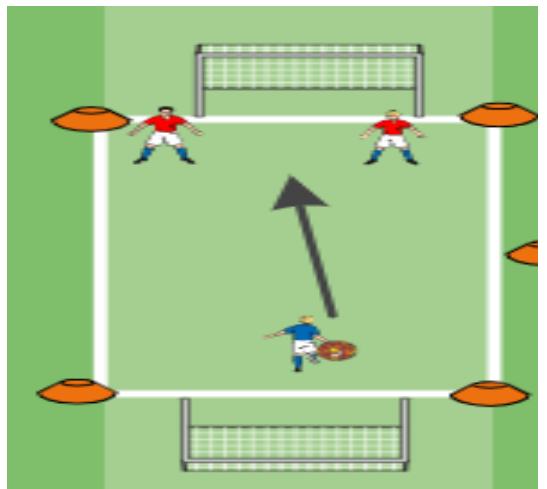
K - 2nd Focus: Defense

1v1	Organization	Coaching Points
 <p>The diagram shows two small rectangular fields set up across a larger netted area. Each field has a goal at one end. Orange cones are used to mark the boundaries of the fields. In the left field, a defender (blue) is positioned in front of the goal, and an offensive player (blue) is at the opposite end. A black arrow indicates the ball being passed from the offensive player to the defender. In the right field, a defender (blue) is in front of the goal, and an offensive player (blue) is at the opposite end. A black arrow indicates the ball being passed from the defender to the offensive player. A third goal is visible in the center of the netted area.</p>	<p>Set up 2 small fields across the big netted area. If you can get a 3rd one in the smaller area. Create field with cones. 1 player stands in front of each goal. The defender passes the ball across the field to the offensive player who receives the ball and then tries to score on opponent. If defender steals the ball they then try to score.</p> <p>Use a lot of cones to separate the fields.</p>	<ul style="list-style-type: none"> • 1st touch receiving • Defender closing out on the ball • Don't stand in front of the goal once ball is live • Staying in front of the ball <p>Time: 15 minutes</p>
2v1	Organization	Coaching Points
 <p>The diagram shows two small rectangular fields set up across a larger netted area. Each field has a goal at one end. Orange cones are used to mark the boundaries of the fields. In the left field, two defenders (red) are positioned in front of the goal, and one offensive player (blue) is at the opposite end. A black arrow indicates the ball being passed from the offensive player to one of the defenders. In the right field, one defender (red) is in front of the goal, and two offensive players (blue) are at the opposite end. A black arrow indicates the ball being passed from one of the offensive players to the defender. A third goal is visible in the center of the netted area.</p>	<p>Set up 2 small fields across the big netted area. If you can get a 3rd one in the smaller area. Create field with cones. 2 players stands in front of one goal & 1 at the other goal. The defender passes the ball across the field to the offensive player who receives the ball and then tries to score on opponent. If defender steals the ball they then try to score.</p> <p>Use a lot of cones to separate the fields.</p>	<ul style="list-style-type: none"> • When to pass when to shoot • Defensive position <p>Time: 15 Minutes</p>

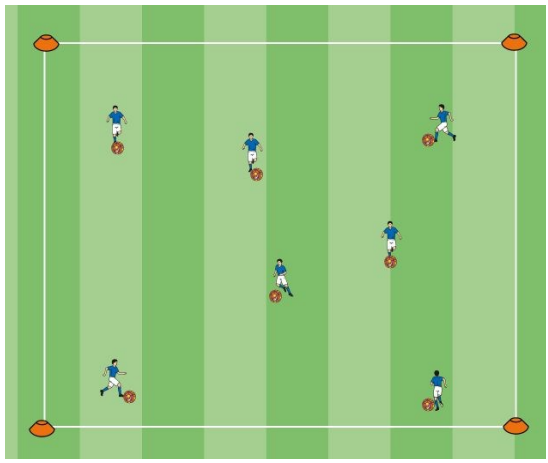
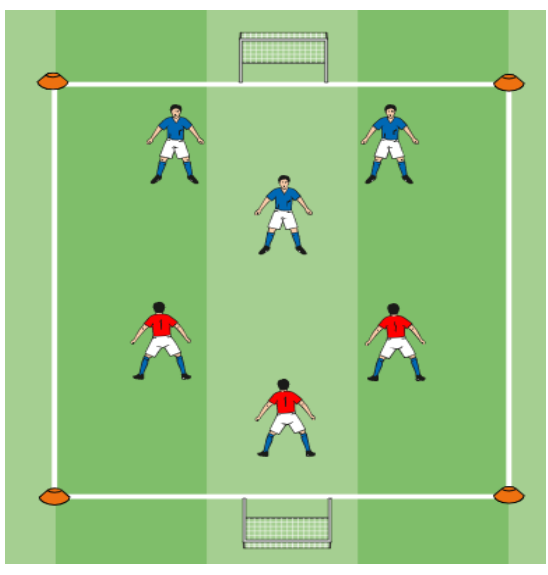
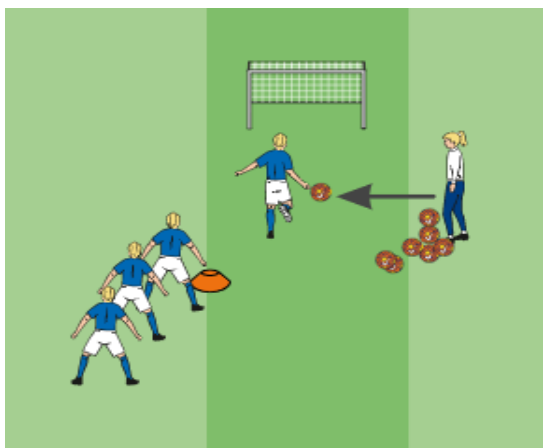
K - 2nd Focus: Shooting

Warm Up / Footwork	Organization	Coaching Points
	<p>Each player should have a ball and spread out on the field. Work on different types of footwork. Free dribble in space working with different surfaces of the foot.</p> <ul style="list-style-type: none"> • toe taps • Foundations • Crossover 	<ul style="list-style-type: none"> • Go at pace that is in control • Head up <p>Time: 7 minutes</p>
1 Touch Shot	Organization	Coaching Points
	<p>Set 2 – 3 stations up. Coaches have all the soccer balls while players are lined up behind cone. Coach will send the ball out in front of the goal. 1st player in line will run on and shoot using the inside of their foot. Close controlled shot. Players stay in the same line. Switch to other side to work on left foot.</p> <p>Go over foot placement before starting. Don't have players get their ball after each shot just keep going until you are out of soccer balls.</p>	<ul style="list-style-type: none"> • 1 touch shot • Inside of foot • Non shooting foot placement <p>Time: 10 minutes</p>
Zig Zag Dribble & Shot	Organization	Coaching Points
	<p>Create a line of cones on each side of the netted area with goals set up at each end. Have 2 lines starting at opposite corners from one another. Player zig zag dribbles through cones on one end and passes to coach, player then receives a pass back from coach and takes a shot on goal. Player then gets in back of other line. Players will also zig zag dribble through this side as well but will dribble and shoot at the end.</p> <p>Have a 3rd group go into other netted area and work on just setting ball up and striking into net using laces.</p>	<ul style="list-style-type: none"> • Under control • Part of foot shooting or striking the ball with • NO toes <p>Time: 15 minutes</p>

K - 2nd Focus: Shooting

Split into 2 groups for the following 2 drills		
50/50 to Goal	Organization	Coaching Points
	<p>Split players into two teams and align them off to the side of the goal post. 1 player should be at each starting cone. Place another set of cones a few yards out away from the goal in front of each line. When coach says “go” the two players up will sprint out to the cone in front of them and around it back towards the goal. Coach sends ball out into middle and the players battle for the ball to score.</p>	<ul style="list-style-type: none"> • Quick shot • Sprint as fast as you can • Quickly attack goal • If other player gets to ball first try to get back in front before they shoot <p>Time: 15 minutes</p>
2v1	Organization	Coaching Points
	<p>Set up 1 small fields across the big netted area. Create field with cones. 2 players stands in front of one goal & 1 at the other goal. The defender passes the ball across the field to the offensive player who receives the ball and then tries to score on opponent. If defender steals the ball they then try to score.</p> <p>Use a lot of cones to separate the fields.</p>	<ul style="list-style-type: none"> • When to pass when to shoot • Defensive position <p>Time: 15 Minutes</p>

K - 2nd Focus: Small Sided Games

Red Light, Green light	Organization	Coaching Points
	<p>All players dribble soccer balls in a grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Variations: add more colors slowly: blue – toe taps, orange - tik tocs, pink - hop over ball</p>	<ul style="list-style-type: none"> • How far should the ball be from the dribbler • When and how to change direction • When and how to stop the ball • Send players back to start if they are dribbling out of control <p>Time: 5 minutes</p>
Games of 3v3 & 4v4 in the big area. Take 2 groups at a time into smaller area to work on shooting.		
3v3	Organization	Coaching Points
	<p>Games will be 3v3 or 4v4 with no goalies. Kick ins will be used when the ball goes out of bounds on the sideline/touchline. Corner and goal kicks will be used when needed.</p>	<ul style="list-style-type: none"> • NO GOALIES • Quick play • 3 minute games & rotate <p>Time: 40 minutes</p>
1 Touch Shot	Organization	Coaching Points
	<p>Coaches have all the soccer balls while players are lined up behind cone. Coach will send the ball out in front of the goal. 1st player in line will run on and shoot using the inside of their foot. Close controlled shot. Players stay in the same line. Switch to other side to work on left foot.</p> <p>Go over foot placement before starting. Don't have players get their ball after each shot just keep going until you are out of soccer balls.</p>	<ul style="list-style-type: none"> • 1 touch shot • Inside of foot • Non shooting foot placement