

4 groups of 8+

6:00p

6:00-6:15 3v3 game to target

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min
No GK, No boundaries

6:15-6:20

BREAK

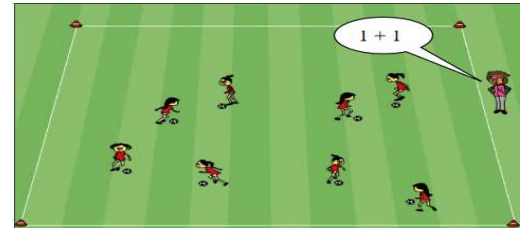
6:20-6:30 Math Dribble

<https://www.youtube.com/watch?v=TMEYegeWiGU>

Setup: 15x20 yard grid marked out with four cones, each player has a ball. 5-6 min

When the coach says a number or yells out a simple math addition problem (like 1+1), the players must quickly form groups of 2. If the coach yells out "3", the players form a group of 3, etc. Players must keep the ball close to them by using the inside, outside and soles of their feet.

Tips: Head up, keep ball close, run w/ ball



6:30

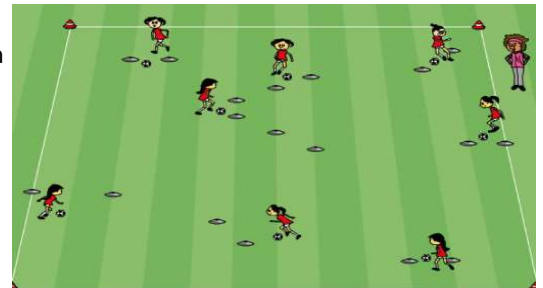
6:30-6:40 Gate Dribbling

<https://www.youtube.com/watch?v=FJDbEsmVWz8>

Setup: 25x30 yards marked with corner cones, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball. 2-3 min

Progression #2 : Timed Gate Dribbling - how many gates in 30 secs? Count. 3-4 min

Tips: Inside/Outside of feet, use both feet, head up, bend knees, stay on toes, change speed out of the gate



6:40

6:40-6:50 Sharks-Minnnows

<https://www.youtube.com/watch?v=tONiMWAgIAA>

Setup: 30x20 yd area marked with cones, each player has a ball. 4-5 min

coach is a shark. Line up minnows on a side and dribble from one side to another side without shark kicking out the ball. 5 min

Progression #2: let players be a shark

Tips: change speed and direction, get around obstacle



6:45-6:50

BREAK

6:50-7:15 Game: 5v5

Setup: 20x40 yd field, 10' goals, 2 balanced teams (pinnies) w/ GK

Rules: Touch line (kick-ins); Goal Kicks, build out line

Keep Score: Losing Team does 5x (difference in score)

PUSH-UPS, Winning team does 1/2 of the Loser's number



7:15

7:15-7:20 Close / Cleanup / Lesson Learned?