

(Set-Up: 20x20 grid for #1 / 4 yard triangles (1 triangle per 3 players) for #2)

1. Ball Mastery (15 Mins)

- a. Set up 20x20 grid, half of the players on one endline, other half on other. All with ball.
- b. Players touch the ball between their feet, back and forth, under control, no body movement forward or back.
- c. Still continuing movement, on coaches command, players move forward 5 yards with ball, touches back and forth the whole time
- d. Still with touches, players move back to start on command
- e. Still with touches, players turn their body a ¼ turn on coach command until they've completed a circle.
- f. Reverse direction.
- g. Touches again. On coach command, they tap the top of the ball 5 times with the soles of their feet, alternating feet, then right back to touches
- h. Stretch
- i. All players on one side will now work across to other side using the following:
 - Inside/Outside, right foot only (every time they take a step they also take a touch – not a race)
 - Once they get to the other side, the next group goes
 - Other foot
 - Inside/Inside/Outside, right foot only
 - Other foot
 - Inside/Outside/Outside, right foot only
 - Other foot
 - Inside/Inside/Outside/Outside, right foot only
 - Other foot

2. First Touch Triangles

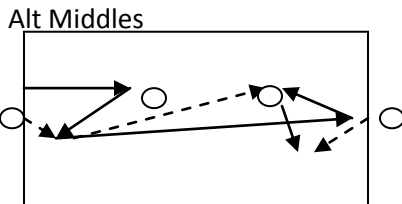
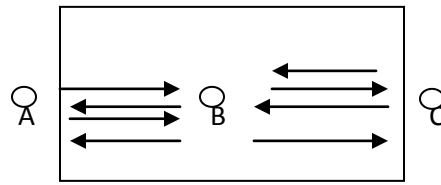
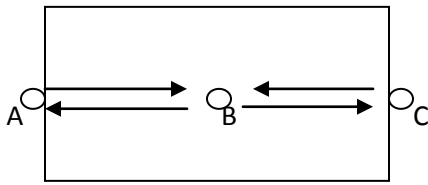
- a. Set up 4 yd triangles, one for every three players. 3 players per triangle
- b. X is Worker, Y's are Servers
- c. Y1 plays ball on ground with feet to X. X returns using 2 touches and pivots to Y2.
- d. Y2 repeats same as Y1. X returns ball and pivots. Rotate after 1 minute.
- e. Ball is now in Server's hands. Server uses underhand toss for serve and X returns using the following:
 - Inside of foot volley to server hands. Both sides. 1 minute.
 - Headers
 - Thigh trap and volley back
 - Chest trap and volley back

BREAK (5 Mins)

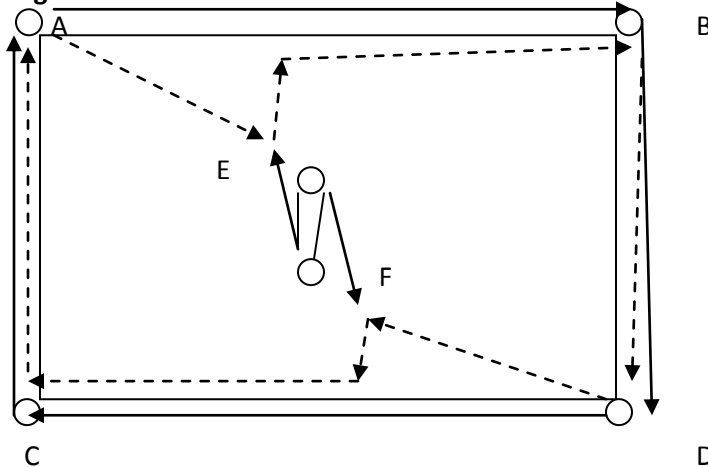
(Set-Up: Set up one 6x15 alley for every 3 players for #3 / 20x25 grid with cones at each corner and 2 in middle for #4)

3. Passing Alleys

- Divide into groups of 3's. 3 players per passing alley (1 on each end w/ ball, 1 in middle)
- B moves to A and A passes ball to B
- B passes back to A and then moves to C
- Repeat with C, A, etc.
- Rotate after 1 minute. Have groups count how many passes made in minute.
- Next, same set up, player B makes 2 passes to A before moving to C. Repeat with C.
- Same set up for the following: 1 ball per group. Player A passes to B.
- B lets it roll between his/her legs and passes to C. Repeat.
- Alternating Middles – A passes to B, B back to A, A to C, C to A, A to C, continuous Layoff



4. Passing Patterns



- A passes to E who is checking to ball
- E passes into A's path, A passes to B
- C passes to D.
- D passes to F who is checking to ball
- F passes into D's path, D passes to C
- C passes to A. Repeat.
- Rotation: passers follow their passes to the next outside edge of the grid (A runs to B after passing, B runs to D, D runs to C, C runs to A)
- Change middles

BREAK (5 mins)

(Set-Up: Reduced size field, 2 small goals for #5)

5. Small Sided Game (10 mins)

- a. Divide team in half and play a game (No goalkeepers, last one back may use hands)
- b. Require that all shots must come from a pass
- c. Require all shots come from a back pass
- d. Require a # of passes before shot.