



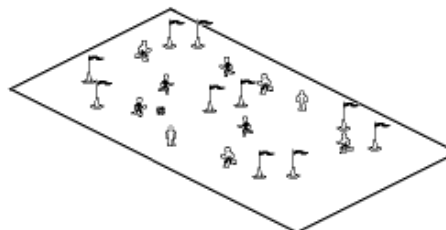
**1) Gates Passing**---This game will start out as a review of dribbling. Dribble through as many gates as you can in an allotted amount of time. Then, a similar game will be played, where the players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to previous game, have them pass only with their left foot or right foot, or the outside of their foot. They can not go back through the same gate twice in a row. (15 minutes)



**2) 2v2+2 or 3v3+3 keepaway**---Three distinct teams in colors (red, green, white), one team starts as defenders and the other 2 teams play together to keep the ball away from the defense (so it is actually 4v2 or 6v3). When the ball is taken by the defense, the color (two/three players) they stole it from becomes the new defenders. Players must pay close attention to who the defenders are, to score the teams in possession must make 6 passes before losing possession. If they do this, both teams on offense receive 1 point. (15 minutes)



**3) 5 Goal Game**---4v4 (+1 or 2 neutrals if need be) in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The plus 1 or 2 players are always on the attacking team. The teams score by passing through any of the goals to a teammate. Must receive with inside of foot, then outside, weak foot inside/outside are different expectations that can be put on the players. First team to 10 points wins. Players need to be able to see where the open goals are, and receive with a “picture” of what is around them. (20 minutes)



**4) 6v6 scrimmage**---Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.(20-25 minutes)  
**(Note: every practice should end in a scrimmage)**