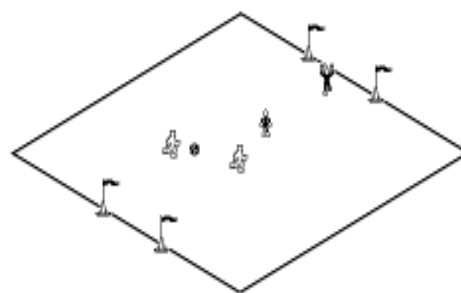


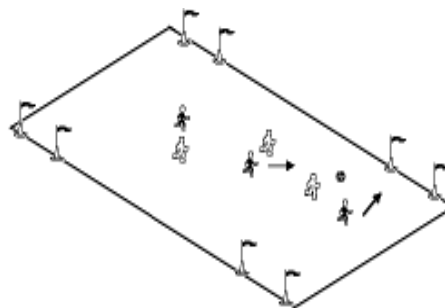


1) Free Dribble---Everyone with a ball. Review dribbling with speed (laces/instep dribble). Coach reviews moves to beat players. Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel). Make sure that each move has a name. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session. *Version 2:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Then ask the other players to watch the player closest to them. (15 minutes)

2) 2v1+1 to goal---In a 12x17 grid add a 3 yard goal on each 17-yard endline. The attacking team must set up an overlap, takeover or wall-pass before scoring. The defending team must have one player in the goal and one on the field. The goalkeeper must stay in the goal until the attacking team loses the ball. Once ball is lost the roles reverse and one of the attackers becomes a goalie and the other a defender. The defender and the goalie become attackers. (15 minutes)



3) 3v3 Four goal game---In a grid 20x30 yards with four goals measuring 3 feet across in each corner, two teams of three attack two goals and defend two goals. The attacking team must combine with a wall pass, takeover or overlap before they can score. They get two points for the combination play and one point for the goal. Add a “plus” player who always plays for the attacking team if they cannot keep possession long enough to create a combination. (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)