

Activity	Description	Diagram	Coaching Points
1.			
Warm up Striking the ball	Have player push the ball with laces and work on landing on kicking foot. After a few minutes move to pushing ball to a partner with laces. Open space and distance.		Toe down Ankle locked Knee over ball Land on kicking foot
2.			
Game 1 Take it	4v4 w/1 player in the opposing side. Setup small field with full sided goals 30x30. 3 players on the defensive half and one side on offensive side. No keepers! Players can shoot from anywhere. Encourage players to shoot and shoot often!		Head up see choices When shooting, drive the ball! Shooting quick!
3.			
Game 2 Cage match	2v2 w/ keepers on a small field 30x30. Everyone on the field can score. Advantage should be with the attacking team (3v2). Quick counter attack. Losing teams comes off and a new team is on. Play is quick.		Quickly attack Shoot often Goalies come out quick

4.			
Match (20 mins)	4v4-6v6 play goal to goal.		Focus on attacking space
5.			
Cool Down Juggling	Give recognition or rewards for 5-20 juggles		Point of Improvement