

Activity	Description	Diagram	Coaching Points
1.			
<p>Warm up</p> <p>Roll out</p>	<p>Each player has a ball. Place players on a line. Each player will strike a ball over a line 25yds away and stop it with random body parts and return.</p>		<ul style="list-style-type: none"> • Have fun • The crazier the position to stop the ball the better
2.			
<p>First Activity</p> <p>Soft touch</p>	<p>Each player has a ball. Have players space out throw the ball in the air and receive with different parts of the body .</p>		<ul style="list-style-type: none"> • Focus on control • How to use different parts of the body to control • The body must give
3.			
<p>Second Activity</p> <p>The Flower</p>	<p>Players will work in groups of two. Players' setup in a flower shape with one player on the inside and one on the outside. Players on the inside come to their partner receive a pass and return to the center and repeat. Rotate players from inside to outside and progress through receiving/touches on the ball . Toward the end setup challenges.</p>		<ul style="list-style-type: none"> • Start simple and build • Progress to multiple touches and return. • Focus on control • Body positioning

4.			
Third Activity Over the river	Players will be in groups of two, competing against other groups. Setup small playing fields 20x20 With five yard gap in middle. Teams will toss the ball across the gap(with hands) to a player on the other side. The player must touch the ball while in the air to the other player on his/her team and return it across the river for a point. First team to five wins. Rotate teams.		<ul style="list-style-type: none"> • Focus on the touch • Body positioning • Control and placement
5.			
Match 6v6	5 on the field and 1GK. Reduce the field size at the start to work on control		<ul style="list-style-type: none"> • Control=possession • Body orientation on the field(hips towards field) • Proper spacing helps with receiving
Cool Down Juggling a ball	Juggling		Point of Improvement