

Activity	Description	Diagram	Coaching Points
<b>1.</b>			
<b>Warm up</b>  <b>Foot skill</b>	Setup a small area and have players work on a progression of foot skills: Use a variety of the following: Dibble Step ups Scissors Scissors in motion Inside to outside Outside to inside CrUyf f Maradona Step overs		Focus on technique Head up Staying active
<b>2.</b>			
<b>Down the line</b>	Setup lines of cones 10 to 20 yards with one yard spaces. Pairs of two. Touch and move down the line. Have the players work on the following: Laces Insole Thigh Chest Head Combinations down the line		Controlled touch Staying active Body positioning Soccer Stance

<b>3.</b>			
<b>Two Goal Speed Match</b>	Setup two goals on each end line. Divide into group of 4 or 5. Player can score in either of the opposing team's goals. Give Points for voiles or multiple juggles during play. No keepers		Body position Quick touches and movement
<b>4.</b>			
<b>Match</b>	6v6 with keepers		Let them play...
<b>Cool Down</b> <b>"Juggling"</b>	Give recognition or rewards for 5-20 juggles		<b>Point of Improvement</b>