

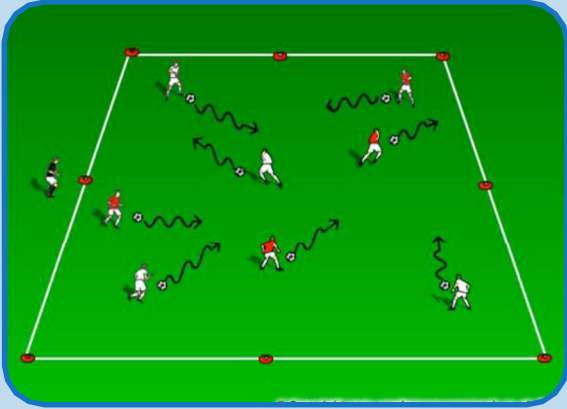
## TECHNICAL WARM-UP

### All the Surfaces - Ball Manipulation

**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then dribble with that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Guided Questions:

What part of the foot can we use to dribble? Where should we dribble the ball? Where should you look to dribble the ball?



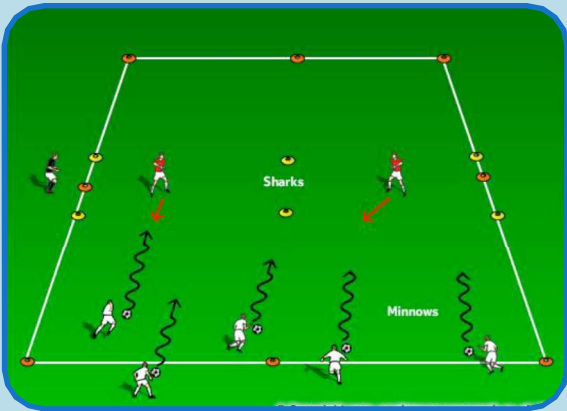
## SMALL-SIDED ACTIVITY

### Sharks & Minnows

**TRAINING AREA** = 20W x 30L. Build a middle channel 20W x 5L. The sharks have to stay in their deep water channel and try to kick the balls away (out of bounds). The minnows need to cross over the deep water channel with their ball. If their ball gets kicked away they become a shark. Winner = last minnow with their ball

Guided Questions:

Where can you dribble to avoid the sharks? What type of touches can you take to avoid the sharks? When should you try to cross the deep channel?



## SMALL-SIDED ACTIVITY

### Pacman

**TRAINING AREA** = 20W x 30L. Place the balls in a circle cone box. (1) person is Pacman (coach starts as pacman). Dribble the ball and try to pass the ball into someone's legs below the knee. If they are hit they become pacman as well. Play until the last person is hit. The winner starts as pacman

Guided Questions:

What part of the foot do you use to strike the ball? Where should you strike the ball to pass it into someone? Where should you head be while dribbling the ball?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above

