

FAST & FURIOUS

GAME OBJECTIVE

Players partner together. Objective is to lose your shadow (partner). When coach shouts freeze, all players stop! If the shadow can touch partner they gain

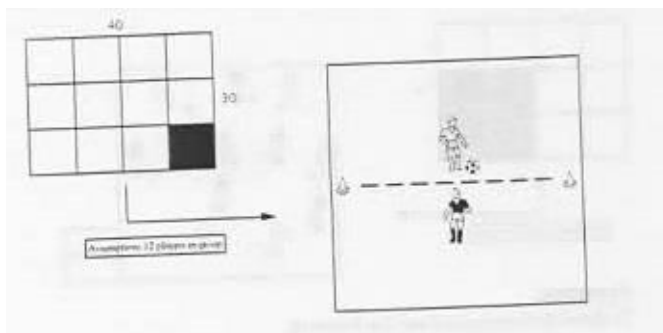
a point and vice versa.

PROGRESSION

1. Runner has a ball; shadow does not
2. Both players have a soccer ball

KEY COACHING POINTS

1. Encourage players to look up between touches to track opponent
2. Push the ball 2-3 feet in front of you between touches
3. Use the inside and outside of both feet to move the ball side to side



MIRROR

GAME OBJECTIVE

One player starts with the ball. Neither player is trying to cross the imaginary line. The player attempts to dribble to either of the discs before defender touches the very same disc. Repeat

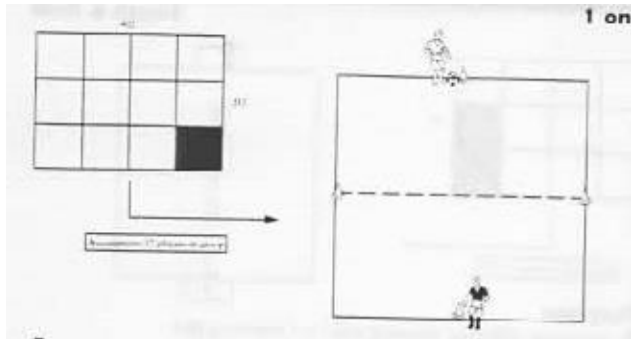
practice with partner now in possession of the ball (alternating turns). Encourage feints and fakes, try doing it without the ball first.

PROGRESSION

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

KEY COACHING POINTS

1. Close control
2. Head up whenever possible
3. Change of pace in change of direction
4. Encourage feints and dummies
5. Support mistakes



1 ON 1 SPEED

GAME OBJECTIVE

Player starts with the ball and passes it to partner. As soon as the player receives the ball the passer is now an active defender. Attacker tries to dribble to any of the 3 spare cones (side to side and behind defender).

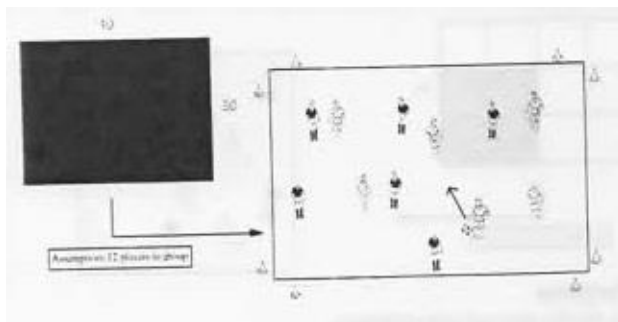
Attacker scores 1 point for lateral cones and 3 points for cone behind defender. Alternate possession.

PROGRESSION

If defender wins the ball, they become an active attacker.

KEY COACHING POINTS

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction
3. Use fakes and turns



QUICK BREAK

GAME OBJECTIVES

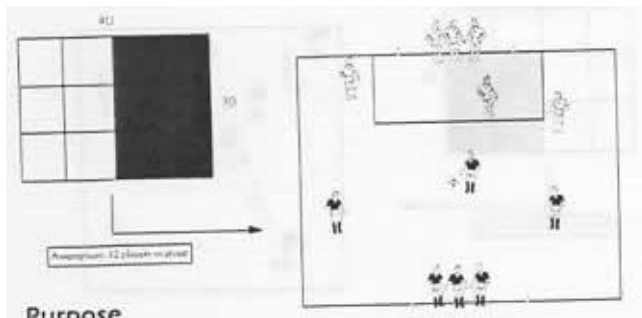
Score a goal by running the ball through any of the goals.

PROGRESSIONS

1. Any team can score in any goal by passing ball through the goal
2. Teams are designated only 2 goals on a diagonal
3. Limit players to only 2-3 touches

KEY COACHING POINTS

1. Encourage feints and turns into open space
2. Close control
3. Try to pass using the laces or outside of their foot



CHANGE SOCCER

GAME OBJECTIVE

3 players on each team form a human chain on the goal line. The team in possession must try to score past the goalkeeper chain. Goals and saves are both worth 1 point each. When the coach shouts

“change” the players in the goal rush out, and outfield players rush in the goal.

KEY COACHING POINTS

1. Cut off the path to goal
2. Try to keep possession of the ball
3. Shoot at every opportunity
4. Go to the ball, don't back away from it