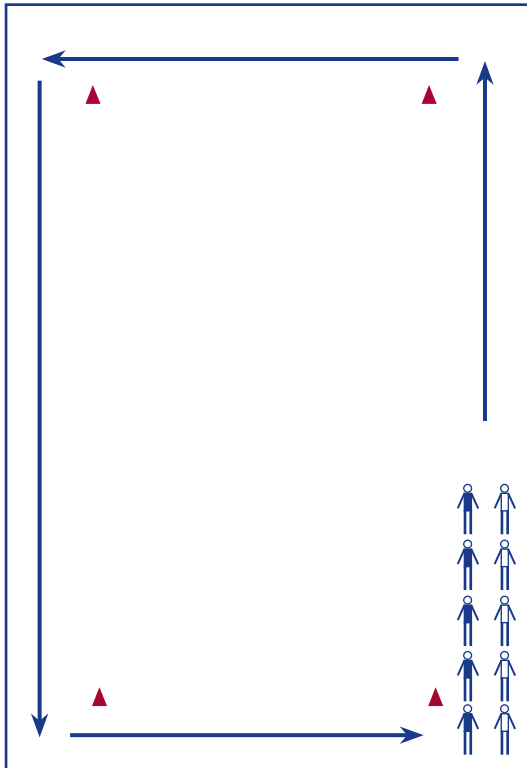
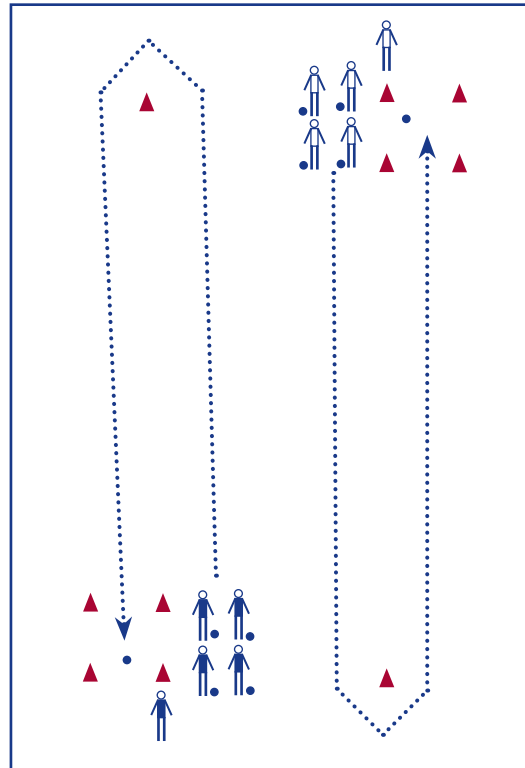


(20 minutes)
 Warm-up: **Jog**



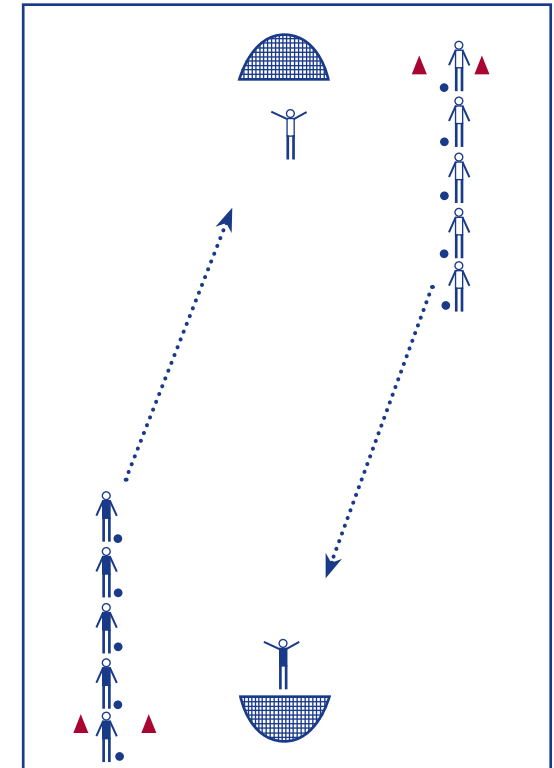
Jog one lap minimum to warm up. Then use the commands such as shuffle, skip, twist, touch knees, touch heels, hand to ground and back pedal. Players do commands for the length of the field and always revert to jog for width. Older players can sprint length and jog width also to finish up. Increase length of warmup depending on age.

(20 minutes)
 Skill:



On coaches command, players begin a relay. Dribble quickly around a cone and return. Upon return player must stop ball inside square before next player may begin dribble. The first team with all of the balls inside the square wins! Add cones at start and add zig-zag dribble. Use only right and left feet. Then use only inside and outside.

(30 minutes)
 Game: **Goal Line Soccer**



Players now attack the goal with a dribble. It is a race against the other team for the older ages to promote game-like speed. For the first round, players must dribble around goalie (or defender) before shooting into goal. For round two, players must shoot the ball by the goalie. Goalies/defenders should attack the ball as players move the ball forward.

Motion and direction of player →

Motion and direction of player with ball →

Motion and direction of ball →