

Schedule for 5/8

Warm up-5 minutes

Coach Says-Have players dribble around half of the field. Coaches yell out commands like freeze, dribble fast, dribble slow, dribble with outside of feet, dribble with inside of feet,

Drill 1-Passing in Circle-5 minutes

Field Setup-Spread team into a circle. Have players pass the ball across the circle, calling out names before passing

Coaches check-Encourage players to pass with the inside of their foot. Players should not be taking multiple steps back to pass the ball.

Drill 2-Throw-ins with drive to goal-15 minutes

Field Setup-Divide players into two lines-one line positioned at the side line and another line on the field. Have a player from sideline throw in to a teammate in the field. Players must complete 2 passes before shooting on goal.

Advancement option 1-Add defenders.

Coaches check-Encourage players to call out names before passing. Encourage players to advance into position to receive the ball.

Goal-Correct form for throw ins, passing, shooting,

Game Time-30 minutes (4, 6 minute quarters with halftime)

-The game clock runs continuously. Because we want to ensure that all players have the most gametime as possible, please try to restart play as quickly as possible after throw-ins, goal kicks, and corner kicks.

-Incorrect throw ins will still be retried (but in coming weeks it will result in a change of possession).

-Intentional handballs and dangerous plays (pushing, grabbing, elbowing, etc) will result in change of possession.