

Schedule for 5/15

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, etc.

Or

Pass in circle while calling out teammates name

Drill 1-Clean the Room-10 minutes

Field Setup-Pick two players to start as the “room cleaners.” Everyone else starts with a ball. Players must stay within the designated area (penalty box-can make a bigger box with cones if needed) while dribbling.

“Room cleaners” must steal the ball from players and kick it out of the designated area. If a player's ball gets kicked out, they can retrieve the ball and start again. After a couple of minutes, switch to a new group of “room cleaners.”

Coaches check-Heads up dribbling, keeping ball close while being challenged,

If one coach wants to pull aside players to work on goaltending, during drill 1 would be an ideal time to do so.

Drill 2-Offense vs Defense-2v2

Field Setup-Two players start as defenders. Split remaining players into two lines. 2 offensive players enter the field and must pass before shooting on goal; 2 defenders try to clear the ball. Once play is dead, cycle players into new positions-defensive players go to the back of offensive lines; offensive players drop down to defensive.

Coaches check-Encourage offensive players to look up at the field for pass to teammates (rather than down at feet). Encourage defensive players to challenge opposition while also being able to get back into position.

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. **Please encourage your players to play the ball-coaches should be calling any pushing/elbowing they see, resulting in a change of possession.**