**Warm-Up** Knock out **5 Plan Soccer Training**

**Set-up** 15 X 15 yard grid

**Directions** Each player dribbles and shields their ball away from the

other dribblers who are trying to kick others balls out all

the while maintaining possession of their own ball.

If ball is kicked out of grid you get your ball and practice

juggling one touch and catch, then 2 touches and catch.

**Time** Begin at 3:55 and play several times until 4:10 approximately

**1 Dribbling/Shadow Dribbling**

**Set-up** 6 cones 10 yards apart in a straight line

6 more cones straight across from others 15 yards away

6 more cones straight across from others 15 yards away

**Directions**

* In pairs, one player has a ball and will dribble toward the other player who will, not try to get the ball, and back up

keeping the dribbler in front of him.

* Defender must keep about 2 yards distance between them and slide feet at a 45 degree angle from the dribbler.
* No Golden Arches!
* Switch positions after going over and back (several times)
* Emphasize 2 yard spacing at all times and sliding feet.
* Dribbler is NOT trying to go past the defender but is just

helping the defender by moving the ball left and right.

**Time 15 Minutes**

**Game**

* Use the same grid but defender cannot steal the ball

until they get to the middle of the field (mark with cone)

* At the middle, the dribbler may attempt to get dribble past

the defender and make it to the other side while dribbling.

**Time 10 Minutes**

**2 Passing**

**Setup**: Place four cones in a square 10 yards apart

**O**

**X**1 **------ X**2

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**X \_\_O\_\_ X**

**Directions:**

* Player at the bottom stands between the cones and passes the ball while the other player moves around cone X1 and X2 in a figure 8 pattern.
* Passer at the bottom should say “**BACK**” after each pass.
* Use the right foot to pass back after going around X1.
* Then uses the left foot to pass it back after going around X2
* Stress importance of a good pass or drill will not work….just like a game.
* Switch after about 5 minutes to let the other player make the figure 8.
* VARIATION….. Passer at the bottom now will say “**TURN**” after

Making pass so they will receive the ball and go back around the cone and then pass the ball back to the passer at the bottom. (Switch after 5 minutes)

**Time 10 min & 10 min with Variation (20 Minutes total)**

**Game… Play Monkey in the Middle**

* Suggest 3 V 1 for best results so you will have to get the age

group all together before dividing into groups that will work.

* Coaches are encouraged to play to help demonstrate spacing and passing skills.

**Cool Down**

* With all players having a partner and one ball between them, they will sit facing each other. Both players will sit up, with bent knees, the ball in one players hands. They will then hand the ball off to the other player. They will both lay flat on their backs with the player holding the ball with both hands over their head. Then they both come back up, (to a regular SIT-UP position), where they again, exchange the ball from hands.
* Do this for ONE Minute! Competition…….Count out loud as they go!
* Then have the players move about 5 yards apart….still facing one another
* Do the same thing with sit-ups but the players have to throw the ball to the partner like they would a throw-in, with both hands.
* 1 Minute Competition
* Tyler brief stretch…..
* Gatorade TIME!

**CLOSE TRAIN HARD………Have FUN!**