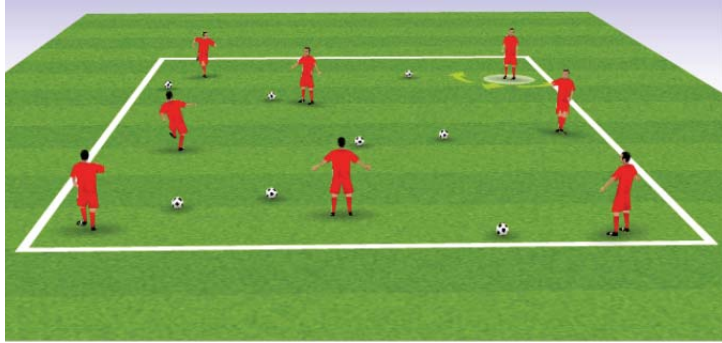


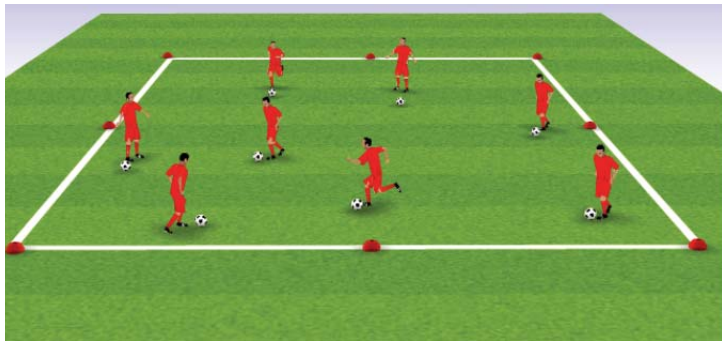
TRAINING SESSION 2



Technical Warm-Up: Body Parts

Players are in a 20x20 grid. Balls are randomly placed throughout the grid.

Players jog around. Coach yells out different body parts and players will touch that body part to the soccer balls. Have the players change from jogging to shuffling to running backwards, etc.

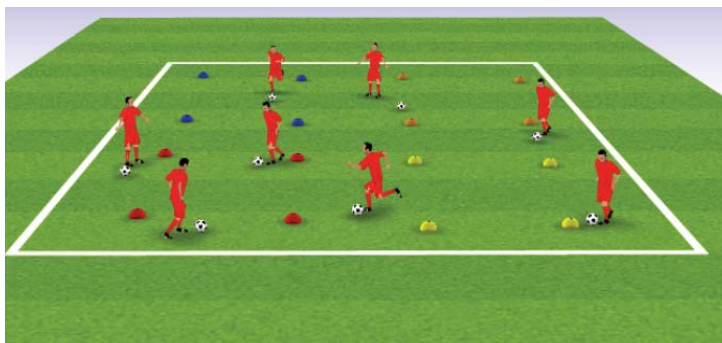


Activity 1: Numbers Game

Players dribble randomly in a 20x20 grid. Coach randomly shouts numbers 1-8.

- | | |
|-------------------------------|---------------------------------|
| 1: Dribble w/right foot only. | 5: Toss ball up, control w/sole |
| 2: Dribble w/left foot only. | 6: Find a new ball. |
| 3: Foundations. | 7: 3 touches forward, 3 back. |
| 4: Toe Taps. | 8: Dribble around cone |

Note: Coach should introduce skills two at a time.



Activity 2: Square Skills

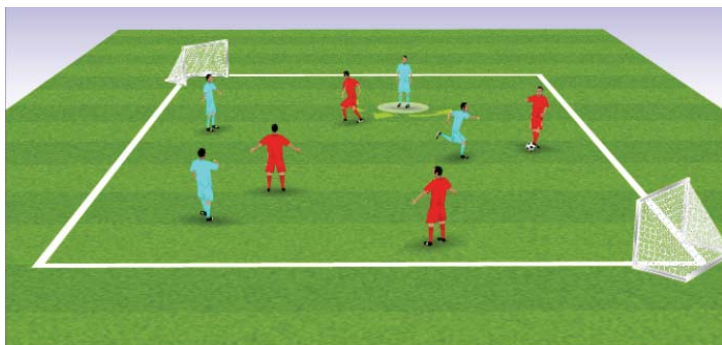
Set-Up as shown. Players will dribble randomly. On coaches command, players will get into a grid and perform a skill. Players must choose a new grid each time.

Red Grid: Foundations

Yellow Grid: Pullbacks

Blue Grid: Toe Taps

Orange Grid: Toss Ball up, control w/sole.



Activity 3: Goals in Corners Game

Break group into 2 teams.

Goals are in corners as shown.

Play without restriction, without positions.

Everyone plays, even if you have an odd number of players