### Fundamental - Warm Up (20 min)

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<th>Key Coaching Points</th>
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<td>Dribble</td>
<td>• Approach defender closely</td>
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<td>Pass</td>
<td>• Guard/cover ball as you get closer to defender</td>
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<td>Bending Run</td>
<td>• Solid, accurate passing</td>
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<td>Leading Pass</td>
<td>• Perfect leading pass</td>
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<td>Dribble &amp; Shoot</td>
<td>• Include keepers in this drill too.</td>
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**Organization**
- 5 minutes. Have players pair up. Pass ball back and forth to warm up. Make sure they move around the space.
- 15 minutes. Divide players into 2 groups. One group at each end of the session space. Pull a defender out from each team (X). (A) starts with ball, (B) is side support. (B) must stay onside - so stay even with defender. Quick give and go between (A) and (B) to get around defender. (A) dribble and shoot to end play.

### Match Related Activity (20 min)

**Organization**
- 5 minutes. Keep players in two even groups. Start with numbers up game. Group in a circle, 1 or 2 players in middle to defend. Outside players pass and move for each other.
- 15 minutes. Continue with the above pass and move circle. Evolve from 5 v 2 to 4 v 3. Use whatever numbers you have to create an unbalanced defensive situation.

**Key Coaching Points**
- • Good vision
- • Solid pass
- • Movement to get open for a pass
- • Player with ball should have 2 options to pass to
- • Defenders should think about their approach and be aggressive

### Match Related Activity (15 min)

**Organization**
- 1 minute. Make teams of 3 (include gk’s in goal). Start teams at each end off to the side - even groups if possible.
- 14 minutes. Play starts at one end. Two teams on field (one on offense, one on defense). Teams play very tough defense and work to steal the ball away. Team that scores stays on the field, team that doesn’t switches with waiting team.

**Key Coaching Points**
- • Communication from keeper. Must be “direct” - use the players name and one or two words on what you want them to do.
- • Solid passing backward, guard/cover ball - KEEP POSSESSION
- • DO NOT GO THROUGH THE DEFENDER
- • Movement around the defense

### Match Condition Activity (25 min)

**Organization**
- 25 minutes. Full game. All rules in effect. Make teams of 4. GK’s in both goals.

**Key Coaching Points**
- • Let the kids play

### Conditioning (10 min)

**Slalom, sprint, shot**

**Organization**
- Set up 4 tall cones in a slalom, setup 1 flat cone about 15/20 yds from slalom, set goal past 15/20 yd cone. Set up 2 of these courses, next to each other.

**Key Coaching Points**
- In course one, start sitting, get up, side shuffle through slalom, sprint to ball, take shot
- In course two, start standing forwards, back-pedal through slalom, turn, sprint, take a shot