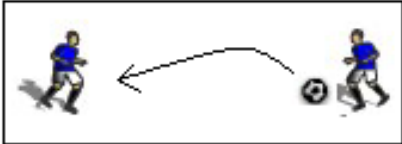
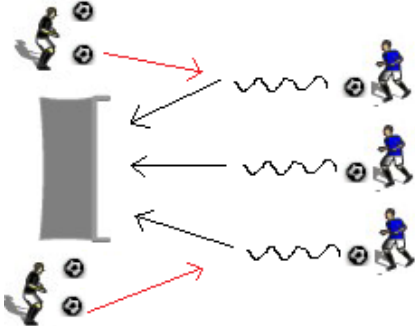



Activity Name	Description	Diagram	Purpose/Coaching Points
1. Warm-up			
Partner Long Passing (10 minutes)	Pairs pass the ball in the air approximately 30 yds apart Variations: 1. Volleys 2. Side Volleys 3. Half-Volleys		<ol style="list-style-type: none"> 1. Proper Technique 2. Ankle locked 3. Weight transfer 4. Plant foot to target 5. Visual agreement 6. Step to receive 7. Receive to space
2. Small-Sided Activity			
Shooting at speed (15 minutes)	Players dribble race from half and shoot at the 18. Players should rotate positions and right left foot. Make competition by player to hit net 1 st moves to winners bracket. "losers" still participate in another bracket. Variation: Serve balls from endline for 1 timers. Serve bouncing balls for volleys. Only serve 1 ball for 2 players.		<ol style="list-style-type: none"> 1. Proper technique 2. Pick a target in the goal 3. Keep ball at proper distance
Striker Shooting (15 minutes)	One player surrounded by other players, all with a ball. Players with balls alternate serving to striker who gets 2 touches to get a shot off as quick as possible. Rotate through all players as striker. Player with the most goals wins. Variation: Strikers check around cone before receiving. Add defender.		<ol style="list-style-type: none"> 1. Good 1st touch 2. 1st touch sets up shot 3. Proper Strike 4. Communicate w/ servers

