

Warm-Up 5 min

Each activity to be done 7-8 minutes

#### Activity 1:

Emphasis:

1. Use the inside of the foot
2. Strike through the middle of the ball
3. The non-kicking foot's toe should be pointing at the target
4. Put the ball right to your partner's feet, through the cone in the middle



#### Activity 2:



##### **Cops and Robbers:**

The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.

**Variation 2:** If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.

### Activity 3:

#### INDIANA JONES AND THE TEMPLE OF DOOM

**Purpose:** To promote the player's ability to pass a ball with distractions and to teach close dribbling.

**Set-up:** Set up the drill as seen below.



**How to Play:** The line at the end is trying to dribble through the pairs of players passing back and forth without being hit by the ball.

Emphasize using both feet, making the pass right to your partner's foot, and putting good speed on the ball. Tell the person dribbling to keep the ball close to their body and to avoid getting hit by the passing balls. The coach can change the rules for the passers as the game goes on (only left foot, etc.)