

9-10 am 25-30 U13 players

10-11 45-50 U14-17 players

As players enter turf area, give each player one color of the 4 available (separate girls evenly)

1) Two colors will warm up together in one area, other two colors together in a different location

Two areas are large rectangles, players dribble around area.

Coaching Keys: a) control b) all different surfaces of feet c) change of direction d) change of pace e) identifying space & taking the ball there

Coaching Cues: a) any part of the foot b) right foot only c) left foot only d) ask for demos of different ways to change direction e) make a move each time you come up against another ball or player f) emphasis on cutting against the grain, taking the ball North-South and East-West (kids have habit of circling).

Slowly decrease area

2) Each player in one color grouping (red for instance) has a ball. Other color in that group does not. Players with ball footwork in and around area, on command, give & go with the other color. When players receive, change direction. Switch

3) Same as above but require pair of give & go's with same player; red to yellow, yellow to red, red to yellow, yellow to red

4) Series of 5 rows of 10 discs. One coach at each series. Line #1 players slalom discs using rt foot only, #2 lft, #3 inside feet, #4 outside feet, #5 360 at each cone

5) Back in 2 large groups. One ball per pair. Players stationary with ball outside perimeter, others inside. Players inside a) 'lose defender with jab step' b) ask for ball, c) ball is served from perimeter d) perimeter instructs 'man on' or 'turn'. If it's man on, one touch ball back. If it's turn, change direction & dribble. On command pass ball to closest perimeter player

6) 2 players at gate with one ball. One player serves to teammate thru the gate, receiver active first touch to side disc, serves back. Repeat to other side

7) Groups of six; 4 O's on outside, 2 X's inside small circle. Ball starts in middle with X1. X1 to O, O back to X1, X1 plays off to X2. X2 starts sequence over