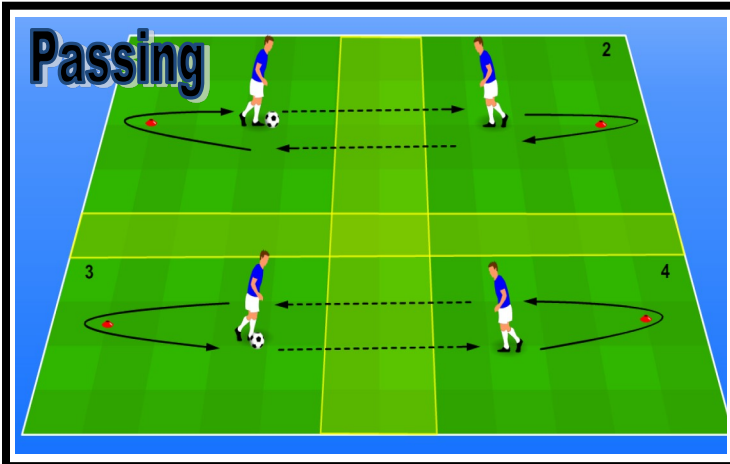


- This session we will begin to incorporate some movement with our Ball Mastery Skills.

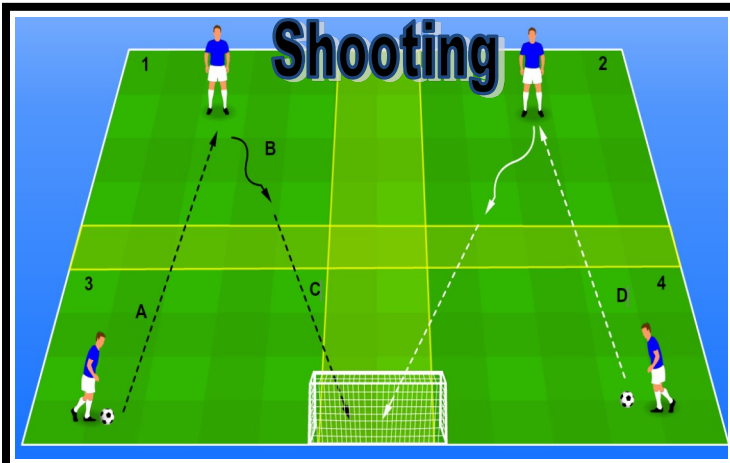
- Have the players set up in front of a cone that is placed in the middle of the grid. On the coach's cue, call out some ball work for them to do (examples below):

- Toe Taps Forwards or Backwards > tap the top of the ball with the bottom of the foot like you are marching
- 5 Bells then Touch with Outside of the foot to the side
- 5 Bells then Touch with Inside of the foot to the side
- V- Cuts > With the ball slightly in front of you, pull the ball back towards you, then push the ball forwards making the letter V
- For Fun, using the ball, spell words by making out the letters with ball movement (similar to handwriting)



- 1 Ball per group of two. Start with the partners standing 10 yards apart. Set up a cone 5 yards behind the player's starting point.

- Pass the ball back and forth, focusing on passing with the inside part of the foot.
- Upon receiving the pass, players will turn with the ball and dribble around the cone and then proceed to pass the ball back to their teammate who will repeat the same pattern (see picture).
- Progress to passing in the opposite direction or calling out SWITCH and forcing the players to pay attention to the instruction you are giving.



- The field area will be set up as pictured.

- The player in quadrant 3 will make a pass to the player in quadrant 1.
- The player in quadrant 1 will receive the pass, dribble to the edge of their quadrant and take a shot on goal within their zone (about 10 yards away from the target).
- After the shot is taken, the player in quadrant 3 will switch quadrants with player from quadrant 1.
- While this switch is going on, the player in quadrant 4 is repeating the same pattern with the player in quadrant 2.



- 2v2 Games

- Split the players up and have them rotate through playing each other.
- When the ball goes out, please is restarted by dribbling the ball back into the field of play.
- Rotate opponents every 5 - 6 minutes, depending on how long the stations are.
- Goal is to get at least 2 games in at this station.