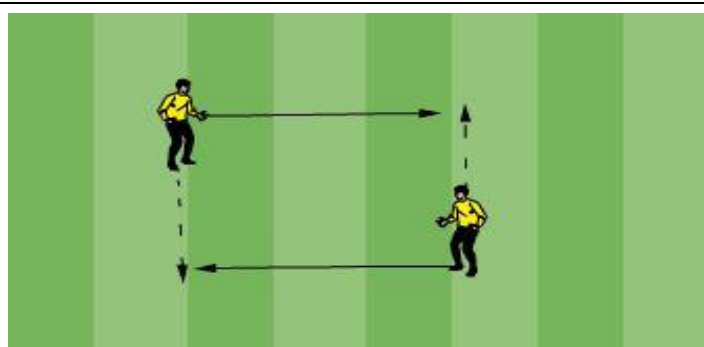


SESSION THEME: Footwork

Organization
 ** 4 Goalkeepers with a ball each
 * Players stand just off set from their partner
 * Simultaneously the ball is tossed under arm across to your partner
 * The Player then shuffles across to receive the ball and toss the ball back.
 * Players work for 60 seconds

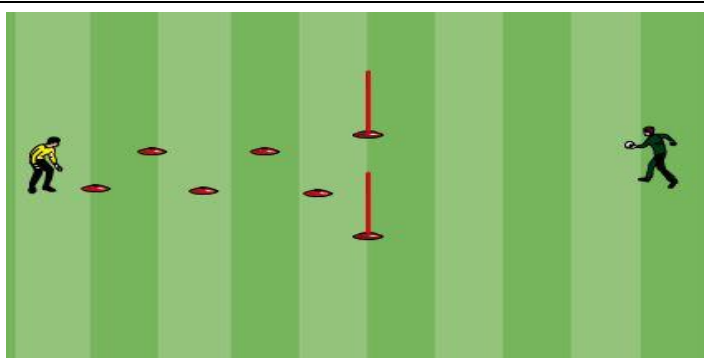
Coaching Points
 * Stay on the balls of your feet
 * Shuffle over, don't cross your legs
 * Knees Bent
 * Shoulders square to the ball



PHASE II

Organization
 ** Set up a slalom of cones
 * Keeper shuffles through the cones
 * As they hit the flags, the server drop kicks a ball in to them
 * Keeper catches the ball and plays back to the server.
 * Progress to server playing it to the side

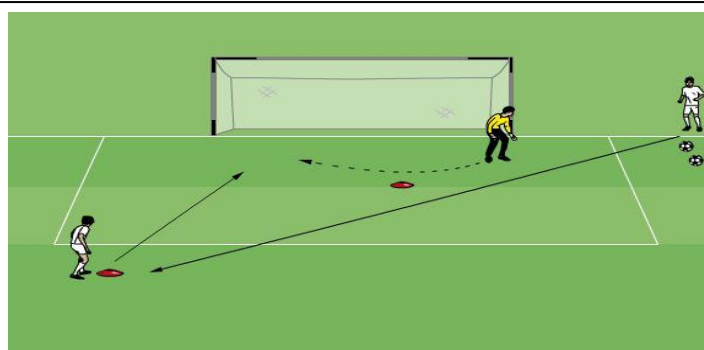
Coaching Points
 * Knees Bent
 * Feet Shoulder width apart
 * Brush feet along the grass
 * Eyes focusing forward
 * Set feet as the server strikes the ball
 * Body behind the ball



PHASE III

Organization
 ** Servers start on the edge of the six yard box
 * Goalkeeper starts on the near post
 * Strikers start about 12 yards out, level with the other side of the 6 yard box. Place a cone on the six yard box
 * Server plays a ball across to the striker
 * Striker try's to score between the cone and near

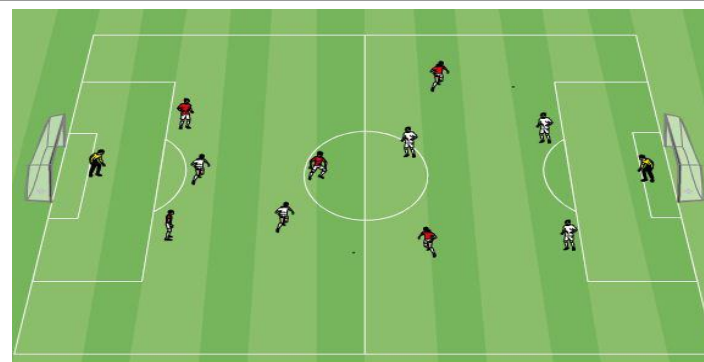
Coaching Points
 ** One cross over step when keeper leaves near post
 * Shuffle quickly to set yourself between cone and near post
 * Set feet when striker hits the ball
 * Body behind the ball
 * Keep the ball out of the net.
Progression: Play until goal is scored, keeper has possession



PHASE IIII

Organization
 * 6 V 6 including Goalkeepers
 * Normal Soccer Rules
 * Stand behind Goalkeepers and focus on the footwork

Coaching Points
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FITNESS / CONDITIONING