



## Category Ignition - Week 2

Category: Technical: Attacking skills

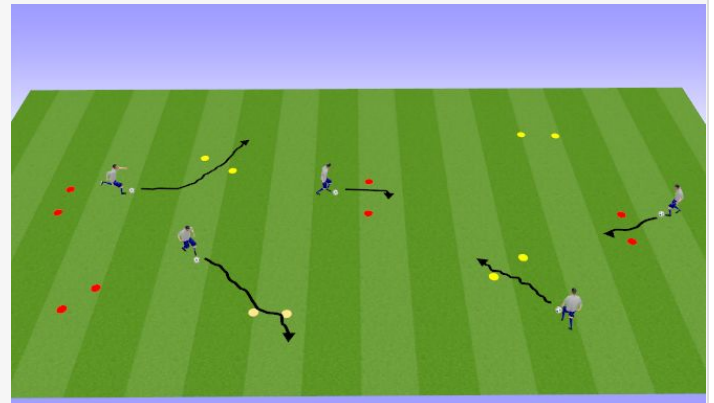
Difficulty: Beginner

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Individual-Adult Member

### Gates (10 mins)

Pairs of cones create gates for players to move through. Start with movement through/over gates (jumping, crawling, hopping, etc.); progress to dribbling, turning, figure 8, move/fake; Bonus progression: pass to partner, pass then dribble, pass and take first touch through gate.

Coaching tip: make it a competition by giving a time limit and have players count how many they can get through in that time

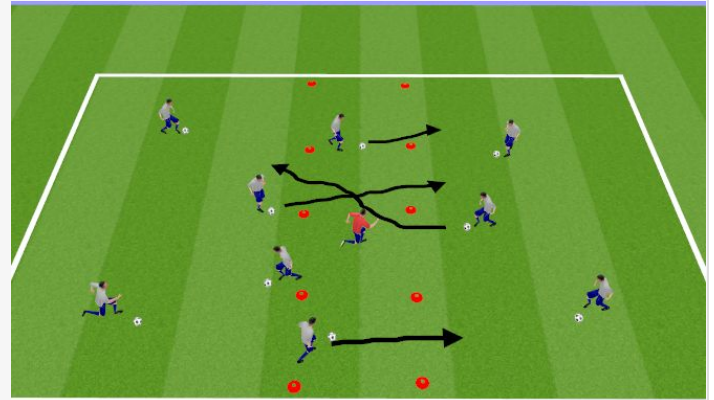


### Swamp Monster (15 mins)

Players try to dribble through swamp and avoid getting stopped by the swamp monster. Swamp monsters cannot leave swamp. If monster touches a player's ball, they trade places.

Progression: add a second swamp monster to swamp

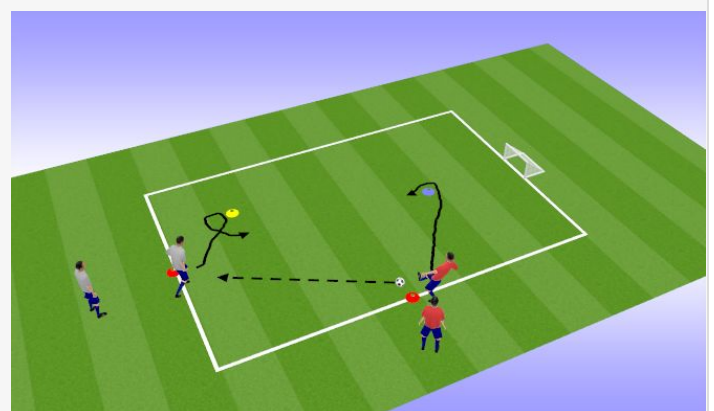
Coaching points: get head up to see swamp monsters, look for space to dribble into, longer touches to dribble at pace, push ball beyond swamp monster to beat him/her



### Skill Drill (20 mins)

Players begin in short lines on red cones with balls on the side. The defender (red) passes to the attacker (gray) who dribbles at the cone and performs a turn/spin before attacking the goal; the defender runs on the attacker's first touch around the cone and prepares to defend. The defender cannot defend once the attacker passes the blue cone, and the attacker can only score after passing the blue cone. Switch lines after each turn.

\*Variation: balls start with attacker who begins the game with a dribble--may flow better for younger, less experienced players



## Game to goals (30 mins)

Play two fields [15x20 yards] next to each other using all the players at practice (red goals, solid line). Play short timed games (3-4 minutes) and rotate a few players each time. **Give players a point if they can touch the ball three times when they receive it to encourage dribbling.**

Progress to playing full 5v5 (blue goals, dotted line) [30x20 yards]

