

Team Battle (20 mins)

Small teams of 3-5 with each set of hurdles: Knock over most cones to win

A: Clean catch for underhand distribution to cones 4x each

-two feet over hurdles, ground scoop

-single foot 2/2, to front smother

-shuffle around cones, to basket

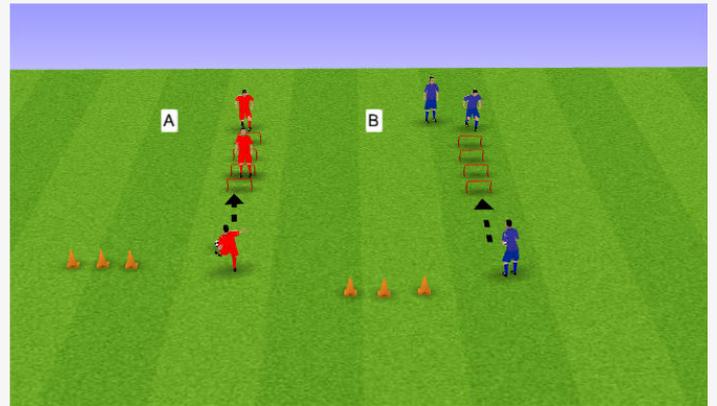
B: Clean catch for overhand distribution to cones 4x each

-Two foot jump high knees, to volley contour

-Backwards jump turn to short volley, must communicate

-Over/back to volley, side contour

CP: set feet for service, follow thru, hips to target, big step, low body, smooth ball, ear to elbow



Distance Battle (20 mins)

Distance Battle:

A: Underhand distribution between cones, must be on ground, smooth

-if clear thru cones back up to next cone line

-use dominant hand

-use nondominant hand

B: Overhand distribution to knock over cones, land or bounce to cones

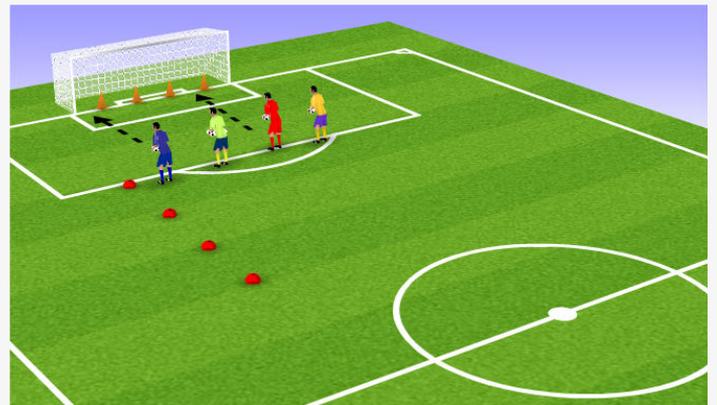
-if knock over cone, back up to next cone line

-use dominant hand

-use nondominant hand

-use push pass or side arm to knock over cone

CP: follow thru, plant foot aim at target, release timing, one movement to distribute, low base



Distribution Patterns (15 mins)

Distribution pattern in goals:

Ball starts with volley at 1 to GK

GK underhand distribute 2 to outside defender

Outside defender dribbles to shoot on GK for 3

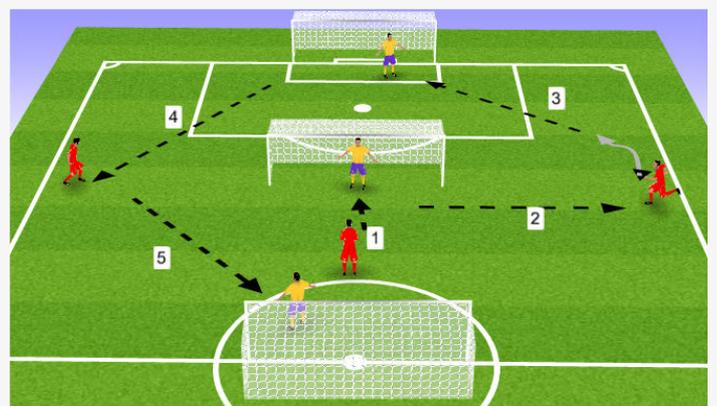
GK overhand distribute 4 to outside midfielder

Outside midfielder shoots long ball 5 on GK

GK goes to volley to restart cycle

Change sides after 7 minutes

CP: eye contact for distribution, communication, eyes on ball, follow your pass; support, follow thru, receivable pass



4v4+3 (15 mins)

Two teams of 4 plus 2 outside neutral and inside neutral: all neutral for attacking team
Hand ball, can use outside players for cross in, can take max 4 steps on outside
Inside players: two steps, only steal pass, can throw direct for goal=2pts, GK passes
3 minute games to rotate players
CP: communication, organize shape, body shape to target

