

### Warm-up

Set Five or Six 3 yard gates up in a 15x15 or 20x20 yard square.

Partners take turns passing with their laces through the gates.

Give groups a time limit, and see how many successful laces passes they can do in that time.

### CP

- 1) Toe down, strike with laces
- 2) Get the ball to roll forward

### Warm-up 2

Set up cones every 4 to 5 yards, enough for each group.

Set up a second line of cones opposite the first 6 to 8 yards away

**Progression 1-** Standing with plant foot by the ball, strike with laces to partner

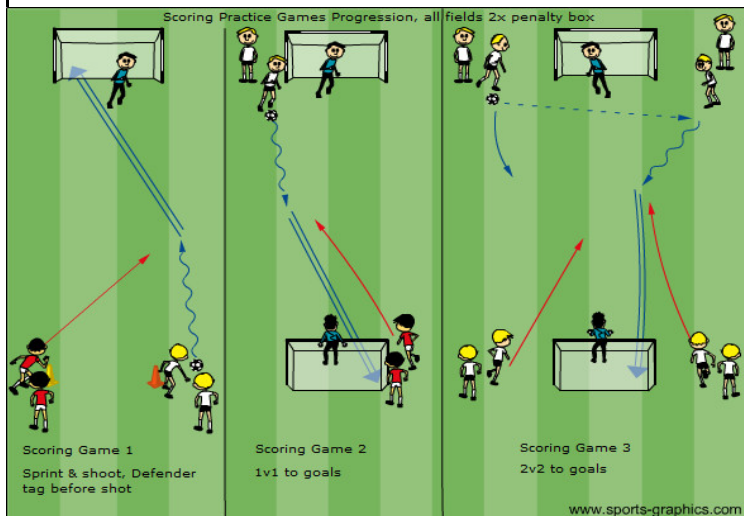
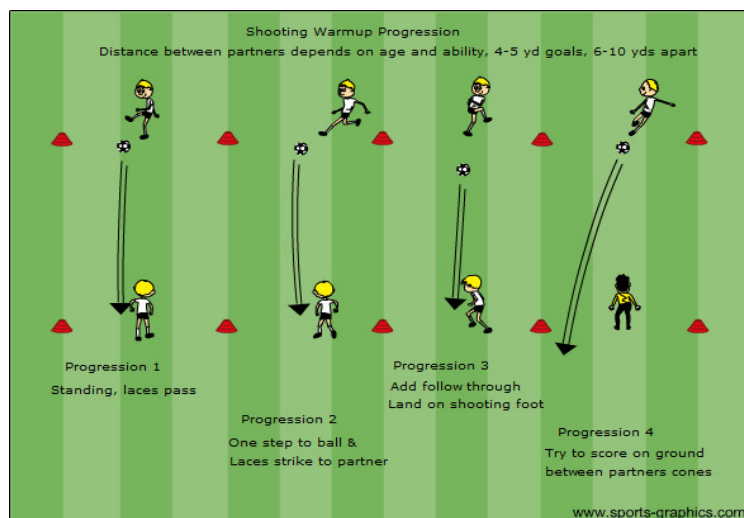
**Progression 2-** Take one step to the ball before striking

**Progression 3-** Add follow through, land on striking foot

**Progression 4-** Contest between partners- each partner gets 5 shots, score with shot on the ground between cones

### CP-

- 1) Body over ball, knee over ball
- 2) Strike middle to top half of the ball



### Scoring Games-

Fields are 2X penalty box

**Game 1-** Sprint and shoot before the defender tags you. Defender can NOT move until attacking player moves the ball forward.

**Game 2-** Dribble and shoot, preferably before the defender closes you down. Defender can NOT move until the attacker moves forward.

**Game 3-** 2v2 to goal. Attackers combine to create shooting opportunity. Defenders can score if they win the ball.

### CP-

- 1) Look to score early
- 2) Shoot at every opportunity, don't wait for "the perfect shot"
- 3) Use laces from distance, inside foot up close, and toe under pressure