

## Week 3 Instructions (U4-U6)



### PREPARATION

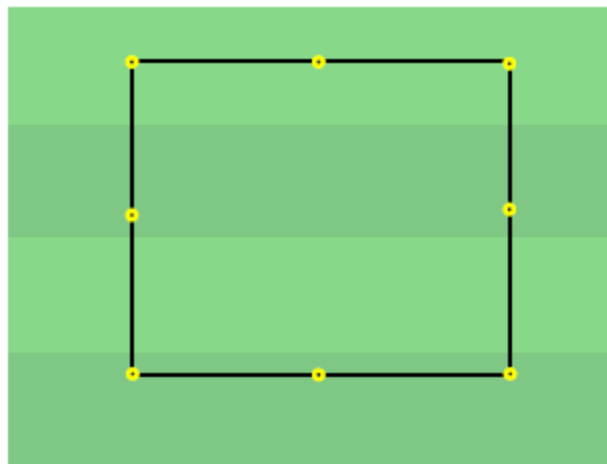
10 x 10 area

### PLAYERS

1 players

### INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 10yd x 10yd box. This will be used for both drills tonight. No other setup required.



# Follow the Leader



## PREPARATION

Cones not required  
10 x 10 area

## PLAYERS

1 players  
(1 ball per player)

 **5 min**

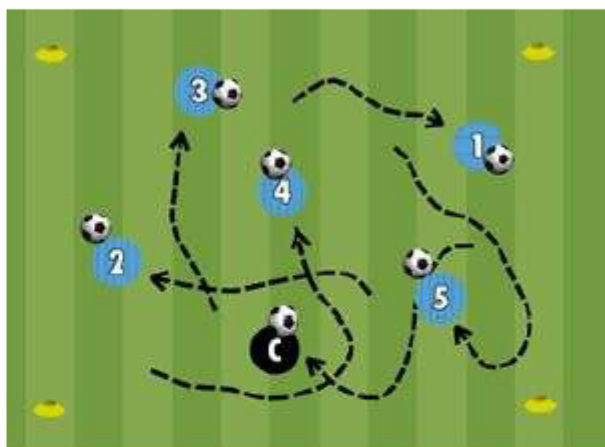
5 reps  
1 min +

## INSTRUCTIONS

Each player has their own ball. If the coach brought a ball they can serve as leader. If not, designate a player to be the leader, choosing a different leader for each rep. Players should line up behind the leader, leaving a little bit of space to control the ball.

The leader will start dribbling around within the area, and the followers should follow the leader while imitating the leader's movements. The leader should change directions or weave around and even stop occasionally before rolling the ball to their left or right using the bottom of their foot and restarting their dribble. Leader can also change their speed (slower or faster).

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes).



## COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Eyes up
- Keep the ball close
- Keep your heads up so you can see the leader
- Coaching Tips: "Copy me (or the leader)", "Good following"

# Volcanoes



## PREPARATION

Cones required  
10 x 10 area

## PLAYERS

1 players  
(1 ball per player)

 **5 min** 5 reps  
1 min +

## INSTRUCTIONS

Randomly scatter cones within a 10x10 yard area. Each player has their own ball. Players will dribble around within the area without touching the "hot volcanoes" (cones). Try not to use too many volcanoes as it may be overwhelming.

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes).

## COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Eyes up
- Encourage players to keep the ball close and under control
- Keep your heads up so you can see the volcanoes
- Coaching Tips: "Avoid the lava", "Don't hit the volcanoes", Cheer near-misses

