



National Soccer Coaches Association of America



PRACTICE #2

WARM UP - 15 MIN. CLOSE BALL CONTROL & FIRST TOUCH OPTIONS

EXERCISE #1 - THE 4 DIRECTIONS OF TOUCH. 2 yds SET CONES IN 2 YD SQUARE

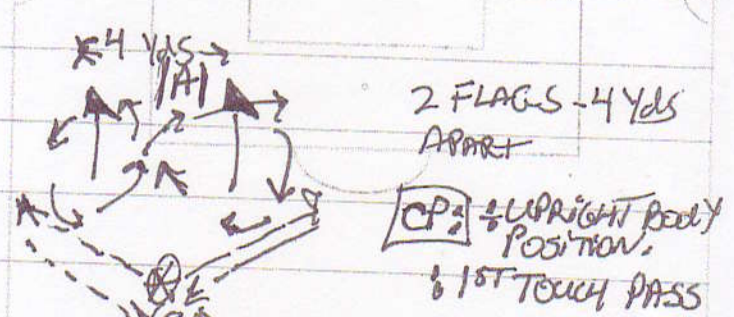
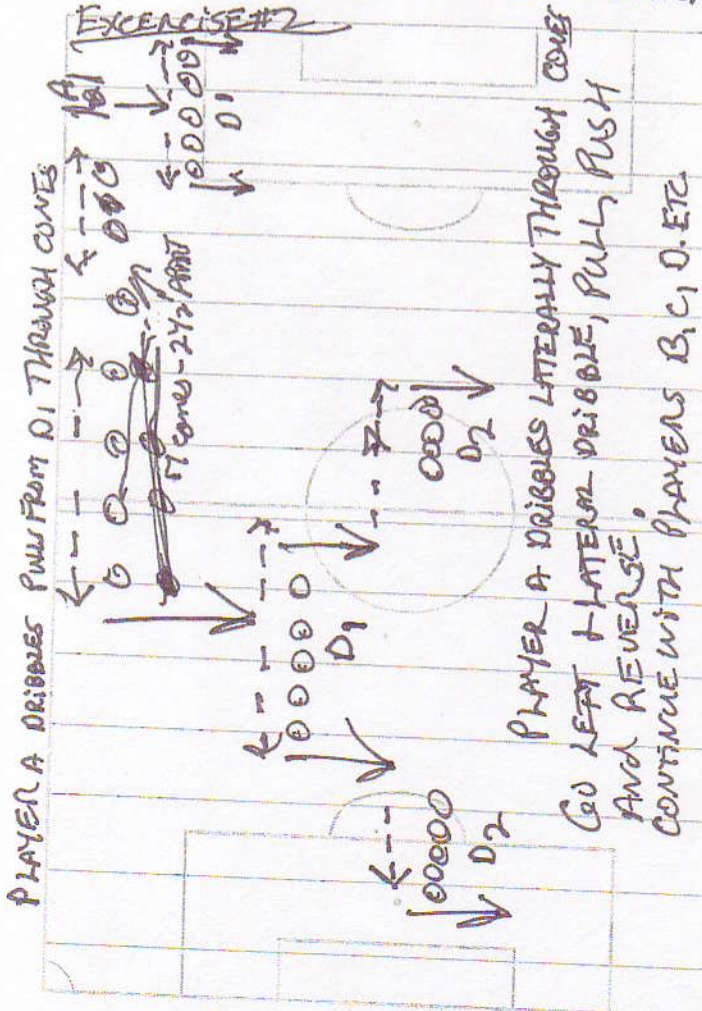
1 PLAYER INSIDE 4 CONES. TEACH PUSH FRONT/PULL BACK/LATERAL L/R. USE OUTSIDE OF FOOT & BOTTOM OF FOOT SEQUENCE.

CP: USE OF BOTTOM OF FOOT/PUSH AND OUTSIDE OF FOOT/LATERAL PUSH.

EXERCISE #2: USE LATERAL LINE OF 5 CONES TO PUSH FORWARD/PULL BACK/LATERAL R/LATERAL L THROUGH CONES.

EXERCISE #3 - PLAYER A RECEIVES FROM COACH AT (SP) THEY USES LEFT BOOT LACES TO GO AROUND LEFT FLAG AND R BOOT LACES TO GO AROUND (R) FLAG ON DIAGONAL RUN AND RETURNS PASS TO COACH AT (SP) - 10 REPETITIONS PER PLAYER.

EXERCISE #2



EXERCISE #4

