Activity Title:

U9 Day3
Add to Warmup touches

Activity Name: Grid 1 Combo movement attack to protect to escape

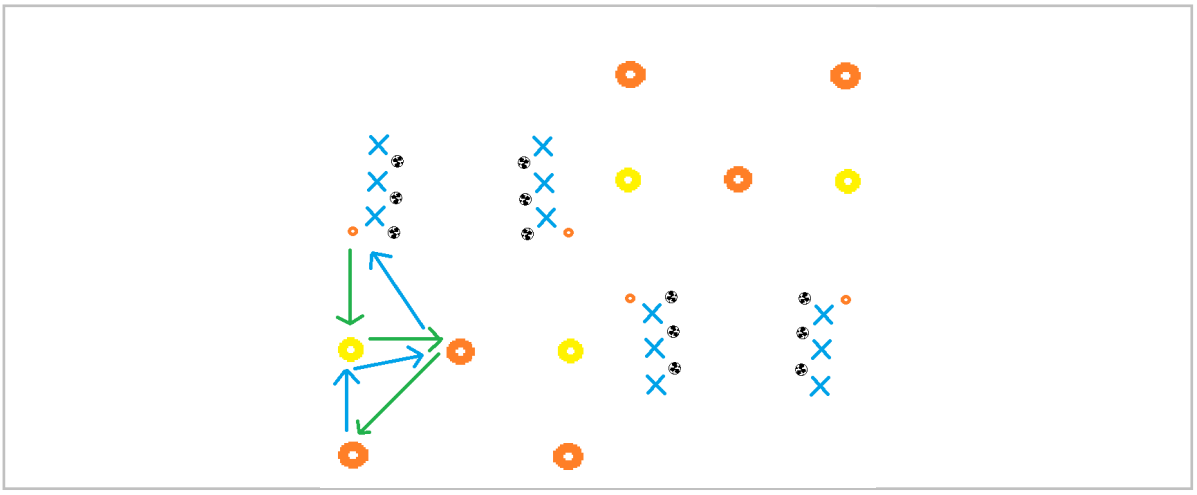
Activity Setup: Place one cone with an obstacle 4 yds apart with an obstacle in between. Place another obstacle 2 yds away from the first perpendicular to the middle obstacle . Make as many needed for no more than three players Per starting cone.

Activity Description: Player will drive to the first cone and perform a 1v1 attacking move towards the side obstacle. They will then use a protection move to change direction to the last obstacle. They will perform a turn move at the last obstacle and repeat 1v1 and protection back.

Emphasis:

Coach directed moves

Cue Words:



Activity Name: Grid 2 Passing and receiving on the move

Activity Setup: Place two cones 5 yards apart, place a cone 2 yards from each outside cone creating a gate. Place a bounce back wall perpendicular 2 yards from the gate. Players line up on outside cones with a ball.

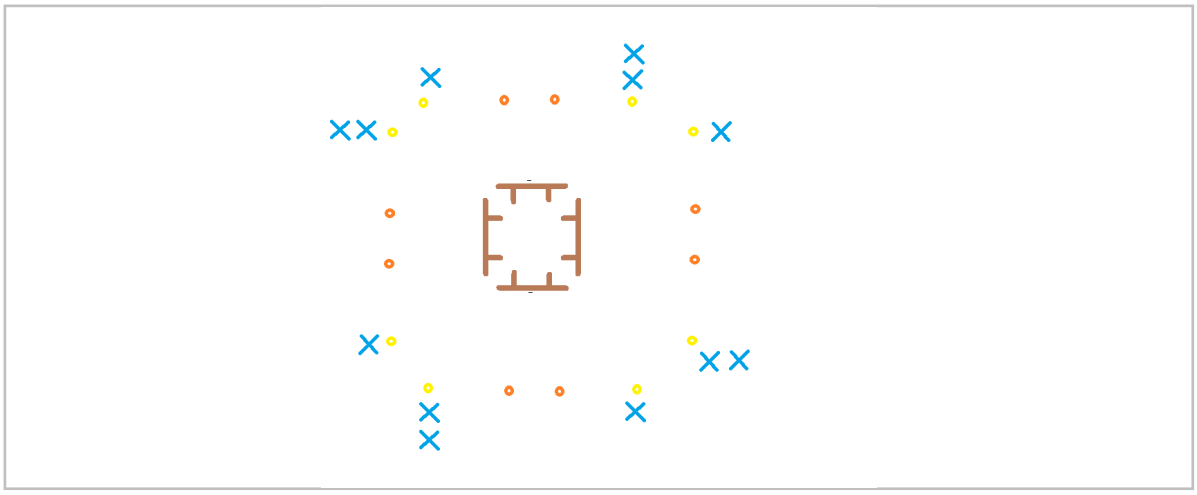
Activity Description: Player will drive to the gate, passing the ball with the appropriate foot to the wall, then receive the ball with an active touch to the far cone. Then next player will repeat on the way back.

Emphasis:

Fat part of the foot
Hips to the pass
Follow through

Cue Words:

Fat part
Hips to target
follow through



Activity Title: U9 Day 3

Activity Name: Grid 3 Touch and go

Activity Setup: Place three cones next to each other for each player with a ball in the grid. All players have a ball

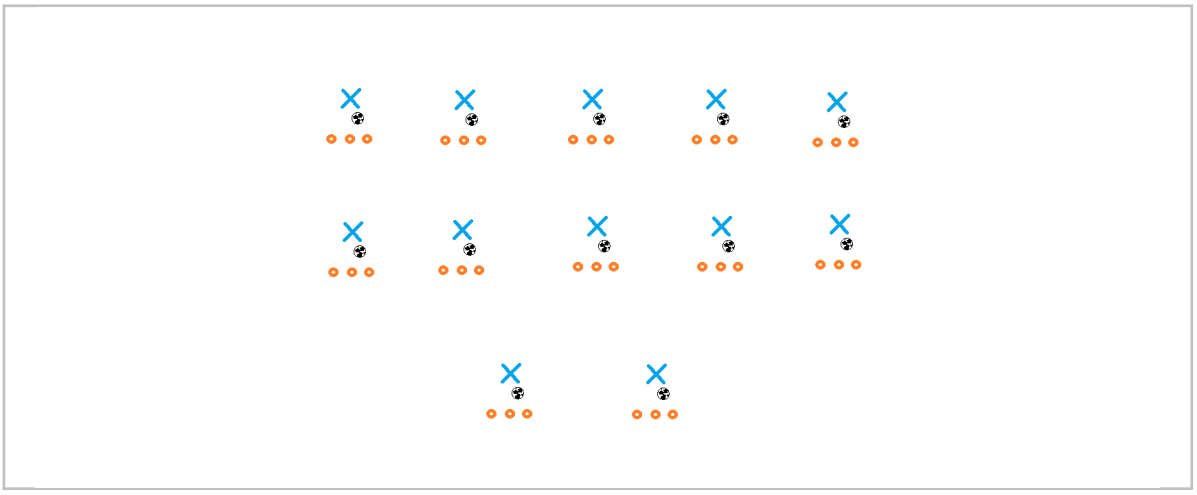
Activity Description: Player will start with the ball still directly behind the three cones facing them. Coach will call out a touch or roll, player will touch or roll the ball laterally until they clear the cones then forward past the cones. They will then turn and face the opp. side of cones

Emphasis:

Sharp touch
Quick escape

Cue Words:

Quick touch
Go



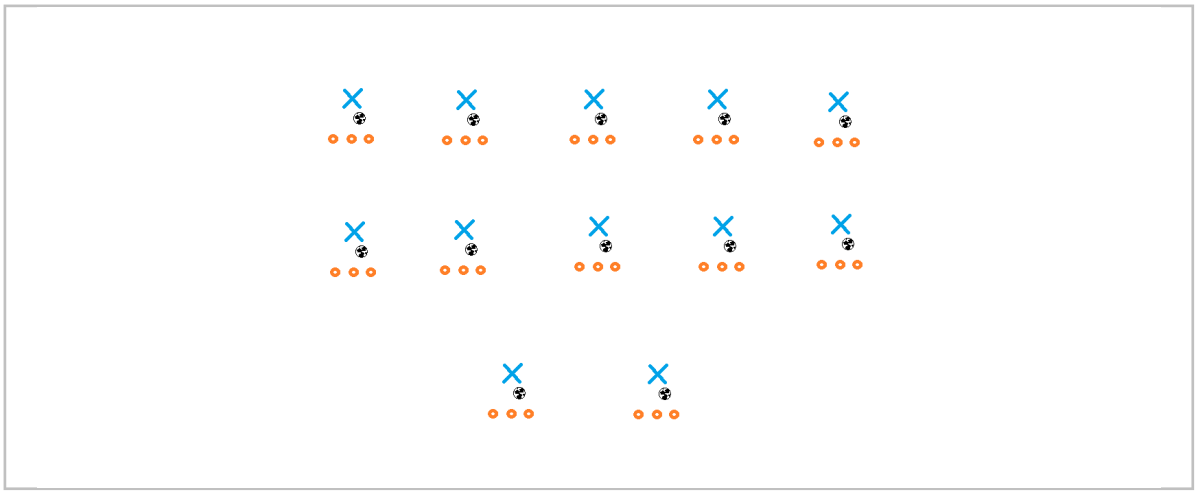
Activity Name: Grid 4 Learning to roll

Activity Setup: Place a 3 cones for each player with a ball. All players have a ball

Activity Description: Coach will go through all of the techniques of rolling the ball to protect and move the ball. Players will use the cone as the defender. (Requires a coach that knows the technique) V-Pop, Roll-hold-go, Cross and push.

Emphasis:

firm roll
low hips
eyes up

Cue Words:

Grip the ball
hips down
eyes up