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How you arrange your workouts is up to you but a sample week is included to help give you an idea of what you should be doing.

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Theoretically, a soccer player could sprint 110 yards on one run in a soccer game. Page 6 gives five examples of sprint workouts you could do on your own or with a partner.

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Interval training provides useful preparation for soccer players, as on the pitch the game is played in short bursts. Jogging back to defend a corner can be immediately followed by a charge downfield at full pace. During a game, players must run, sprint, slide, leap and lunge. That's where interval training comes in. It's tough, but it is essential to improving your skill and durability on the field.

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1,000 touches on the ball in seven minutes to improve your skill level.

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For those of you new to the sport and for experienced players who need a refresher, the explanations of footwork/moves are designed to assist you in the skills workouts.

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Three different workouts to increase your comfort level with the soccer ball. No matter your soccer background you should see improvement in your soccer skills by following these workouts. These workouts can be done with a partner for motivation or on your own.
Soccer Players,

Welcome to another year of Upper Merion Soccer! I am extremely excited for the practices and the games to start. I know that the Upper Merion soccer season seems far away but the work that needs to be done for improvement must start now, in the off-season. It is not recommended that you wait until preseason to begin working on your soccer skills and conditioning. If we want to continue to improve as a program and become more competitive in the league we cannot afford to start when the season begins.

This packet gives you workouts to do on your own or with a partner to improve your own game. The workouts are split into two main groups: skill and conditioning. Many skill workouts can be done in your own bedroom with little space. They can be done with a regular soccer ball, mini soccer ball, or even a tennis ball. The important part is that you are working on your ball skills.

Besides working on the ball skills, conditioning is a must. We cannot waste valuable practice time during the season trying to get fit when we could use that time on skills and tactics. It is necessary that you arrive at preseason in shape. Other than running, I have included some examples of speed workouts to help make your training more game-like.

Tips:

**Work with a partner or small group** - Having someone to support and encourage you not only makes you stay motivated but can also accelerate your improvement. Beginners can also learn from the experience of veteran players.

**Don’t give up** - If you don’t understand a move or are having trouble mastering it, keep practicing. The only way you get better is to practice more advanced skills.

**New to the sport - don’t worry!** Our goal is to teach and create love for the game of soccer. As long as you have a positive attitude and work hard you will see progress. Whether you are a beginner or the best player on the team there is always room for improvement.

**Be Consistent** - Come to all the open practices and workouts offered to you by the coaching staff. It shows your willingness to commit to the team and your desire to get yourself ready for the fall season.

To be a successful program we cannot just be dedicated and hardworking during the season but in the off-season as well. I am willing to give you 100% not just during the season but throughout the year. I hope you are willing to do the same!

Looking forward to seeing you all at the summer workouts and in the fall.

Coach Jones

“You don’t have to be the best. You just have to be your best.”

-Ali Krieger
Introduction to Off-Season Conditioning for Soccer

If you want to impress your coach when team practices start up again in the fall, you'd better make good use of the off-season. The long break between the seasons is a time to train smarter and more consistently than the players you will be competing against for a spot on the team, or the starting 11. Your primary objective during this time should be to increase your soccer-specific conditioning level and to keep your skills sharp. The following are some guidelines for off-season training for soccer.

Aerobic exercise
Aerobic fitness is the foundation of soccer-specific fitness. Without a strong cardiovascular system, you won't have enough energy to play hard through an entire practice or game. The best way to build aerobic fitness is through sustained, moderate-intensity movement. Two workouts per week lasting 30 minutes each is a minimum for increasing aerobic fitness. You can run, bicycle, swim, or do any of a number of other activities that you enjoy.

Intervals
A soccer game involves more short, high-intensity movements than sustained, moderate-intensity movements. For this reason, off-season soccer conditioning should include some interval running. The basic format for an interval running workout is an easy jogging warm-up followed by several high-speed running efforts separated by short rests, and finally a jogging cool-down. In general, the high-intensity intervals should last 20 to 30 seconds and the rest periods should be equal in length. These workouts increase a player's ability to recover between periods of hard running and play during games, so you're not spent after the first half. One to two interval workouts per week would be adequate. You can combine aerobic exercise and intervals by extending your warm-up and/or cool-down.

Speed & agility work
Raw sprint speed is also an important ability in soccer. But soccer-specific speed is a little different from the kind of speed you need for track, because it often requires quick changes in direction and dribbling or kicking on the run.
To develop your soccer speed, first of all do a few short sprints of about 40 yards -- some straight, others with sudden changes in direction. Try all kinds of different start positions, from standing to kneeling to facing backwards.
In addition, do some sprints while dribbling the ball. And lastly, do some agility drills, like creating a "slalom" course with cones or other markers and sprinting through it.

Strength training
Soccer players need strength for the many physical challenges the game demands. I recommend that soccer players emphasize "functional" exercises that strengthen movement patterns rather than individual muscles. The lunge is functional; the biceps curl is not.
Be sure to work on the whole body and not just the legs. Also, keep in mind that you need to strength-train at least twice a week to see results.
Stretching
Stretching improves your flexibility and agility and helps prevent injuries. An active warm-up with some stretching is a good way to begin practice. A cool-down involving more sustained stretching is very important at the end of the training session. Soccer players need to give special attention to their hamstrings, groin muscles, and calves.

Ball work
Do you remember those Nike TV commercials that show a player juggling a ball during his morning routine at home (showering, eating breakfast, etc.), beginning the moment he wakes up? Admittedly, this is a little extreme, but there is something to be said for spending a lot of time playing around with a soccer ball.

No matter what position you play, it is important that you have a high level of "feel" for the ball, and feel comes from nothing else but accumulating experience with a ball on your foot (all parts of it), not to mention your thighs, chest and head (and hands, if you're a goalkeeper).

Young basketball players are often much better about messing around with the ball on their own than young soccer players. Follow their example!

Juggling is one good way to develop ball feel. But even better is kicking the ball against a wall and playing rebounds in different ways. The best thing about this type of practice is that most players enjoy it.

Scrimmaging
There is no substitute for playing the game. If you were to do only one kind of training for soccer, it would have to be scrimmaging. Game opportunities may be limited during the summer, but even a game of two-on-two with a few friends in your neighborhood is better than nothing.

Summary
As in any other sport, the recipe for success in soccer is equal parts talent and preparation. There's not much you can do about talent but there is a lot you can do to prepare.

By training smarter and more consistently than other players (and fueling your training properly) during the off-season, you can move ahead of them while they're not looking.

Adapted from:
Bob Bradley
For Active.com
August 06, 2003
Bob Bradley is head coach of the NY/NJ MetroStars.

Sample week:

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<tr>
<th>Sunday</th>
<th>Monday</th>
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<td>Speed</td>
<td>Interval</td>
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<td>Aerobic</td>
<td>Interval</td>
<td>Ball Work</td>
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<td>Rail to Trail</td>
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Speed & Agility Training

This is for your speed development and muscle conditioning. If done properly and consistently (explosively and as fast as you can go) this will improve your speed through the summer. Remember this is just part of what you have to do. You must continue training with the ball and continue playing throughout the summer to put your work into game action.

Sprint all out on every sprint! - Do not pace yourself

Take full rest period - Not less!

Concentrate on Explosive Starts! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

Examples of sprint exercises

**T-Drill**

Set up 4 cones as pictured to right.
1. Start at the base of the T.
2. Sprint forward to the middle cone, touching it with your hand.
3. Shuffle to the cone on the right, touching it with your hand upon reaching it.
4. Shuffle left to the cone on the other side of the T, touching that as well.
5. Shuffle right again to the middle cone.
6. Immediately backpedal to the cone at the base of the T and touch that.

**Weave In - Weave Out**

1. Place 4 cones out in a straight line approximately 3 yards apart.
2. In between each set of markers place another marker only 3 yards to the left. (see diagram right)
3. Sprint from one marker to the next bending down to touch each one with your hand.
4. The emphasis is on taking quick side steps, rather than turning to face the marker and sprinting forward - that takes more time (which don't have in a game).

**3. Box Drill**

1. Use 4 cones to mark out a square approximately 5yards by 5yards.
2. Place a cone in the center of the square. This is your starting position.
3. Give each corner a number and remember it! Have a team mate (or your coach) call numbers at random.
4. Sprint to the corner shouted and return to the middle.
4. Mini Shuttle (5-10-5)
1. Place 2 cones 20 yards apart. Place cone in the middle only 3 yards to the side. (see diagram left)
2. Starting from the middle marker sprint to one end (10 yards), turn and immediately sprint to the other end (20 yards) and then back to the start (10 yards).
3. Turn on a different foot at each marker and try to touch the ground with your hand.

5. Super Shuttle
1. Set a series of cones out in a cross formation. (see diagram right)
2. Run backwards to the center cone, side step to the right cone (or your left if you are performing the drill), side step back to the center cone still facing the same way.
3. At the center cone turn and sprint forward to the end cone. Now run back to the center cone, side step to the left, side step back to the center, then turn and sprint back to the start.
4. Phew! Sounds complicated - it's not - the diagram explains it quicker than I can!

Interval Training

A
Start on a corner of the field, run diagonally across the field to the opposite corner. Jog along the goal line to the corner, and sprint the diagonal. This is 1 rep. Do 5 reps, take 1 minute break, do 5 more reps.

B
1X  Sprint 120 yds. Jog 120 yds.
2X  Sprint 100 yds. Jog 100 yds.
3X  Sprint 80 yds. Jog 80 yds
4X  Sprint 60 yds. Jog 60 yds.
5X  Sprint 40 yds. Jog 40 yds.
6X  Sprint 20 yds. Jog 20 yds

C
Run from sideline to sideline 4X (in a row)
Jog 1X to the sideline, take an extra 20 second Rest
Run from sideline to sideline 3X (in a row)
Jog 1X to the sideline, take an extra 15 second Rest
Run from sideline to sideline 2X (in a row)
Jog 1X to the sideline, take an extra 10 second Rest
Run from sideline to sideline 1X (in a row)
Jog 1X to the sideline, take an extra 1 minute rest
REPEAT
D
Sprint 20 yds. Jog 100 yds.
Sprint 40 yds. Jog 80 yds.
Sprint 60 yds. Jog 60 yds.
Sprint 80 yds. Jog 40 yds.
Sprint 100 yds. Jog 20 yds.
Sprint 120 yds. Jog 120 yds.
REPEAT 3X

E
Jog 20 yds.
Sprint 100 yds.
Jog 50 yds.
REPEAT 5X

Sprint 50 yds.
Jog 120 yds (this is your rest)

Jog 20 yds.
Sprint 100 yds.
Jog 50 yds.
Sprint 50 yds.
REPEAT

Examples of Shuttle Runs

40-Yard Shuttles
- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 50 seconds
- rest interval 50 seconds
- start at 5 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6, 9,

50-Yard Shuttle
- six markers at ten yard intervals
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yards)
- work interval 1 minute
- rest interval 1 minute
- start at 5 sets work up to 8
- extra rest every three (15 seconds extra rest) so after 3 and 6

Super Set
- 120 yards sprint in 20 seconds
- 120 yards back in 40 seconds
- rest interval on the line 30 seconds
- 40-Yard Shuttle
- rest interval 1:20
- Five complete sets
**Jingle Jangle**
- two markers 10 yards apart
- up and back 10 times (200 yards)
- work interval 1 minute
- rest interval 1 minute 15 seconds
- start at 6 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6, 9

**Fartlek Example 1**
- Warm up with a steady jog for 10 minutes
- Run hard for 3 minutes, jog slowly for 1 minute
- Repeat 6-8 times
- Cool down at a steady pace for 10 minutes

**Fartlek Example 2**
- Warm up with a steady jog for 10 minutes
- Jog for 60 seconds
- Run hard (3/4 pace) for 90 seconds
- Jog for 45 seconds
- Sprint for 10 seconds
- Jog for 30 seconds
- Run backwards for 30 seconds
- Walk for 30 seconds
- Run hard for 60 seconds
- Repeat 3-4 times
- Cool down at a steady pace for 10 minutes
Ball Work

1,000 Touches
The following activity will improve your skills and help you get ready for the season. I strongly suggest that you spend the time to work on these activities. They will improve your foot skills and make you a more complete player. This footwork activity is designed to give you about 1,000 touches in seven minutes.

Rolls (4 each foot)
1) Inside Roll
2) Outside roll

Foundation (4 each foot, alternating feet 3 touches between moves)
1) Side to Side Push-Pull
2) Side to Side Step-On
3) Side to Side Front Roll

Pull back and go. Do sequence with one foot then switch (4 times each foot)
1) Pull, Instep Push
2) Pull a Vee
3) Pull & Take with Outside of foot
4) Pull & Roll Behind

Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (4 times each foot)
1) Pull Turn
2) Inside of foot turn
3) Outside of foot turn
4) Cruyff
5) Step over Turn

Change of direction with fakes, 3 touches between turns (4 times each foot)
1) Hip Swivel
2) Mathews
3) Cap
4) Step over
5) Scissors
6) Rivolino

You can substitute any of the moves on the following pages. Complete Drill is almost 1,000 touches on the ball.

Spend another ten minutes passing against a wall, both feet, both one and two-touch, instep and inside of feet, include fake kicks. Keep feet moving and work on accuracy.

Spend ten minutes juggling the ball trying to get 100 consecutive juggles.
Try to do complete workout every day. This workout can be done anywhere that there is little danger of breaking things, for instance in a basement, playroom or outside.
Description of Moves

FAST FOOTWORK

**Inside Roll** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.

**Outside Roll** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.

**Side-to-Side Push-Pull** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

**Side to Side Step-On** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

**Side-to-Side Front Roll** -- Tap ball back and forth with inside of feet, push the ball slightly forward then pull the ball across your body with the front part of the sole.

**Pull Instep Push** -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.

**Pull a Vee** -- Push the ball forward and pull it back with the sole of the foot while turning and then take the ball with the inside of the same foot.

**Pull & Take with Outside of foot** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.

**Pull & Roll Behind** -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.

**Pull turn** -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.

**Inside of foot turn** -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.

**Outside of foot turn** -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.

**Cruyff** -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

**Step over Turn** -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.

**Full Sole Roll** -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.

**Scissors** -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.
360 -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.

**Kick Over ball** -- Kick over ball with inside of foot then pull it back with the sole of the same foot.

**Foundation (Bell)**
Step up and down to pass ball 4-6 inches between feet. Ball is passed between the feet with very soft, light touches. Be sure weight is forward on balls of feet. With each step you should be coming down on your toes first; then your heels. Knees stay bent at all times. Move the ball forward and backward. Be sure you are stepping up and down; not sideways. Work at getting a comfortable rhythm.

**MOVES TO BEAT AN OPPONENT**

**Hip Swivel** -- Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.

**Mathews** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (Explode)

**Cap** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.

**Step over** -- With ball moving, step over ball so ball is outside of step over foot, turn and take the ball with the other foot.

**Scissors over ball** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.

**Rivolino** -- Same as step over, but take the ball with outside of step over foot.

**Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.

**Cruyff** -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

**Inside of foot cut** -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.

**3/4 Inside of foot turn** -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot.

**3/4 Outside of foot turn** -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot.

**Scissors behind ball** -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (Easy to learn)

**Scissors in front of ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
Double Scissors -- Push ball forward, make alternate scissors steps and take with outside of first foot. (Ineffective close to opponent)

Reverse Mathews -- Fake with outside of one foot, step behind and take with outside of opposite foot. (Also called body swerve or Touch 'n go)

Step over - Scissors -- Ball rolling. Step over followed by scissors with same foot and take with outside of other foot.

Front Roll -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

Scotch -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the step over foot. Explode.

Combining Fitness and Ball Work

Skills Workout Number 1

Entire program should take approximately 50 minutes.

Ball Control and Agility

6 minutes jog while dribbling ball with touches every step
1 minute foot juggling
1 minute throw ball in air, settle with laces, then 3 steps with speed (repeat)
1 minute thigh juggling
1 minute throw ball in air, settle with thigh, then 3 steps with speed (repeat)
1 minute head juggling
1 minute throw ball in air, settle with chest, then 3 steps with speed (repeat)
2 minutes combined juggling - head, shoulders, chest, thighs, & both feet

Technical Speed, Pure Speed and Endurance

1. Using 15 yard makers, dribble six figure "8"s with the inside of each foot, then six figure "8"s with the outside of each foot. Accelerate as you dribble around each marker.
2. Rest by walking for 30 seconds.
3. Using 25 yard markers and one ball:
   a. sprint dribble to marker
   b. leave ball and sprint backwards to starting point
   c. sprint to ball
   d. collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds
5. Using 10 yard markers, shuttle side-to-side carrying ball between markers ten times with each foot
6. Rest by walking for 30 seconds
7. Using 10 yard markers, single leg hop between markers 5 times with each foot
8. Rest by walking for 30 seconds
9. Using 25 yard markers and one ball (5 times):
   a. pass ball to other marker
   b. sprint to collect ball
   c. collect, turn, and sprint back to starting point

**Plyometrics**

60 jumps two foot jumping forward and backward over the ball (feet together)

15 figure “8” standing, legs spread, roll ball with hands around feet

60 jumps two foot jumping side-to-side over the ball

15 rolls sitting position, legs together and extended, roll ball around feet and then around your back

60 jumps throw ball in the air, then jump, catch and throw the ball again before landing

50 bench hops continuous side ways hops over 18-inch bench

30 burpies starting in push-up position, jump to bring feet close to hands, then straight up to standing position, then return to push-up position

30 depth jumps jump up and down with both legs onto 18 inch box/bench

**Shooting and Heading**

For this section, a solid wall (soccer kick wall, racquet ball wall, etc.) will be necessary.

1. Technique work (10 minutes): At a distance of 6-8 yards from wall, use your laces to strike the ball against wall. Use an additional touch to receive the ball then repeat. Build up to one touch. Make sure foot is pointed, ankle is locked, knee is over ball, and center of foot is striking the center of the ball.

2. Shooting with power (6 minutes): At a distance of 20 yards, strike the ball with power, and as it comes off the wall, settle it with one touch and quickly strike another shot.

3. Volleying (8 minutes): At a distance of 6-8 yards, throw the ball against the wall. Allow the ball to bounce, then volley the ball against the wall with your right foot. Allow the ball to bounce and volley with your left foot. Use your laces and the inside of your foot to volley the ball.

4. Heading (6 minutes): At a distance of 6-8 yards, throw the ball high against the wall. Before the ball bounces, head it with power back against the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump and use the proper technique.
Skills Workout Number 2

**Warm-up** (15-20 minutes) - dribbling the ball around using various parts of the foot, stopping every 1-2 minutes to stretch a different body part.

**Fast Footwork Exercise** (15-20 minutes) - do various combination of fast footwork exercises and individual moves (step-overs, Kruff move, chop move, turning balls, etc) *Concentrate on lifting your head up off the ball, and not keeping it down on your feet, so you can see the field and make good decisions after the move.*

**Juggling the Ball** (15-20) - using various body parts (feet, thighs, head), working on keeping the ball up: use a combination of feet, thighs, head as well. *Please do not get discouraged if you are not successful - keep working at it!!*

**Passing/Receiving Balls** (15-20) - Using a wall or partner, practice passing and receiving balls. Again use the various body parts when receiving balls (feet, thighs, chest) and various parts of the foot when passing (inside, outside, in-step). Also, work on both short, accurate passing and long clearing or crossing passes.

**Finish with some Acceleration/ Deceleration Dribbling** (4 sets of Shuttle Dribbling with Ball)

  - **Speed Dribble:** 5 yds. with ball and return to start line
  - 10 yds. with ball / come back to start line
  - 15 yds. with ball / come back to start line
  - 20 yds. with ball / come back to start line

**Warm-down** (5-10 minutes) light jogging and stretching to end activity