

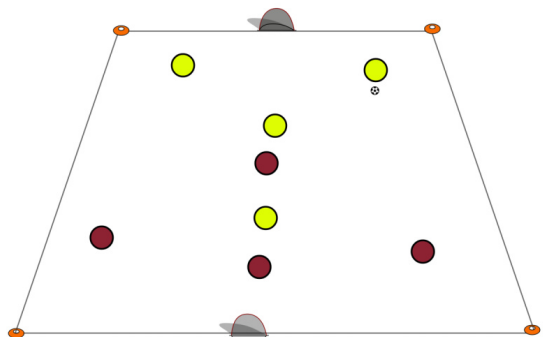
Select a Date

Week 5 - Grade 1 Clinic

Select team

Theme: Passing Accuracy & Control

Time:80 minutes



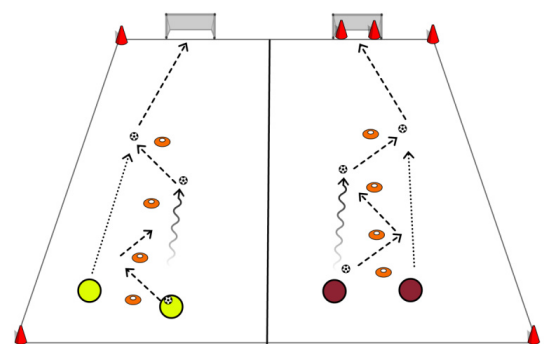
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Intentional Free Play

OBJECTIVE: 10 Minutes
As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A

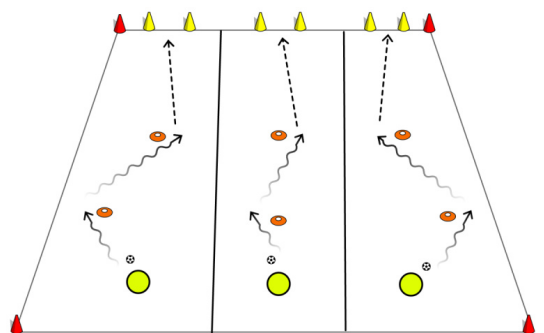


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OBJECTIVE: Players work together to dribble, pass, receive, and shoot

ORGANIZATION: 15 Minutes
Divide the team into groups of two and have 2 set ups side by side. Players dribble and pass between the set of cones. Then the player that just receives the ball after the last cone shoots. To progress add 2 cones in the goal, if they knock a cone down it is worth 2 goals. Keep it fun and challenging. Mix up the groups every 4 turns.

COACHING POINTS:
Running and calling for the ball
Hard shot on goal
Dribbling and passing with accuracy

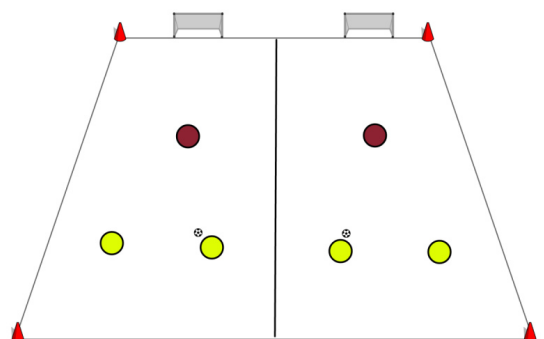


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OBJECTIVE: Players dribble around cones and shoot

ORGANIZATION: 15 Minutes
Split the field in thirds and set up 3 cones for the players to dribble through. The player who is second inline passes a ball to the player who is ready to dribble but they must control the ball and turn to dribble through the cones. As they dribble through the cones they are then trying to kick down a cone with their ball.
Progression: Add more cones to the dribble section. Move target cones further away.

COACHING POINTS:
Dribbling and keeping the ball close to their feet
Hard shot on goal after clearing the final cone



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OBJECTIVE: Game-like scenario

ORGANIZATION: 15 Minutes
Split the field in half, have one defender guarding the goal and two attackers. The players must pass at least once before being allowed to shoot.

COACHING POINTS:
Passing, spacing, dribbling, and shooting.