

leg up, jog in-between and then pull their other leg up. This is called dynamic stretching; it's stretching as they are moving. In soccer we are getting away from just standing still and stretching so this is a way to incorporate stretching but also keep the guys moving. Next, we'll do straight lunges. They take a big step out as far as they can, go straight down, keep their back straight, and then come up. Have players try to keep their heel out farther than their knee. The last one we do is have them pull their knee into their chest and jog; and on the way back skip as high as they can. That's a great way to use some soccer-specific movements to get the guys moving and ready for practice.

### **CHAPTER 3 - DRIBBLING**

**STEVE COX:** Coaches, we are going to do a basic dribbling activity right now. We start with each player dribbling their ball inside the designated area. We're going to emphasize three different skills: toe touches, inside of the foot and a pull back. Anytime you talk about dribbling one of the main things you want to emphasize is using both feet as we're doing these skills. Now, as they are dribbling, when you say "1" they will do toe touches; "2" will be inside of their foot; and "3" is going to be a pullback. When you say "1" have them do five toe touches and then keep moving again. On "2" do five touches again and then keep moving; and then do "3."

Now in a game, what happens? We sprint and we go slow, so as you're doing the movements let's change our pace. If we see some space on the soccer field, let's accelerate and attack that. When players see space, encourage them to dribble into it. Another point you want to emphasize coaches is that players pick their head up. The tendency is to look at the ball the whole time but they want to pick their head up so they know where space is, where their teammates are and where an opponent may be. That was a basic dribbling activity and there are lots of different skills you can incorporate into that. It's great because all the kids have a ball and they are all moving.



### **CHAPTER 4 - PASSING AND RECEIVING**

**DAVID COSTA:** Coaches, when it comes to passing and receiving we're looking for a couple things. First, we are looking for quality of pass and pace of the pass. It doesn't do any good to knock a ball too hard or it's bouncing into our teammate who now has trouble taking it down and can't get it to the next teammate. So we're looking for controlled action. So when we pass we want the right pace to allow that player to receive it and now play to another teammate.