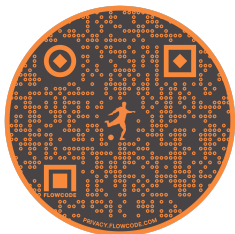
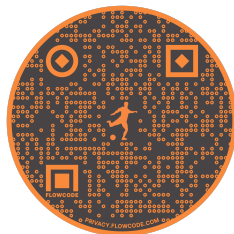
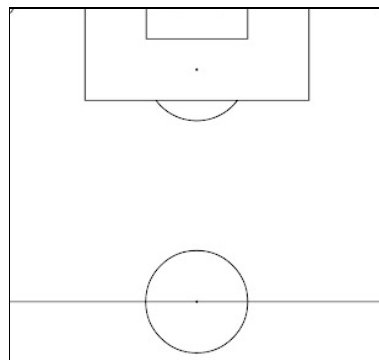
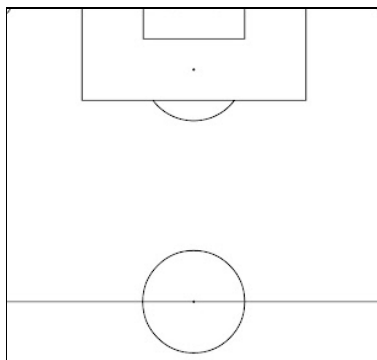
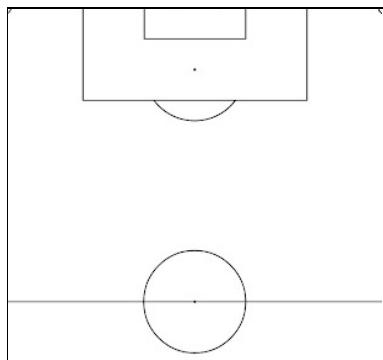


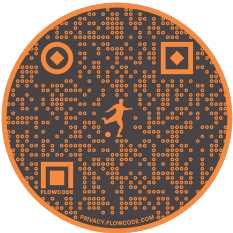
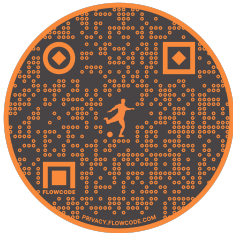
Beginner Session #1: Dribbling, Passing, Rules

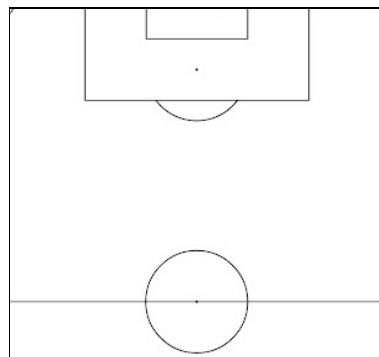
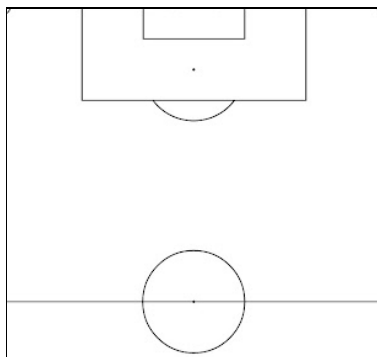
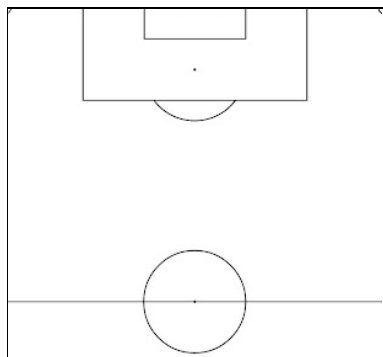
Total Time: 45-55 min. Suggested Ages: 6-9

WARM-UP	LADDER TO SUCCESS 1	DRIBBLING IN SPACE
PLAYERS	2-5 PLAYERS PER GROUP	2-4 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	2 CONES & 2-4 BALLS PER GROUP
RUN TIME	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

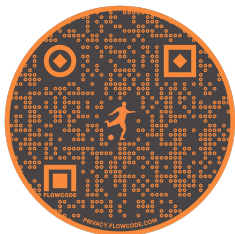
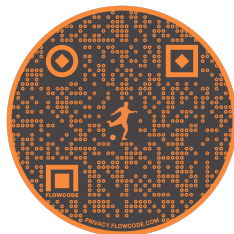
SKILLS & DRILLS	PASSING FUNDAMENTALS 1	THROW-IN PRACTICE
PLAYERS	3 PLAYERS PER GROUP	2 PLAYERS PER GROUP
EQUIPMENT	1 BALL & 2 CONES PER GROUP	1 BALL PER GROUP
RUN TIME	10 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>

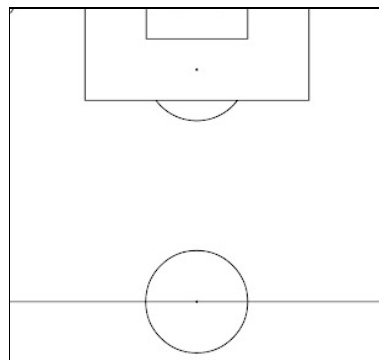
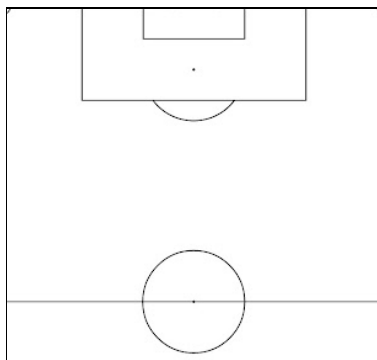
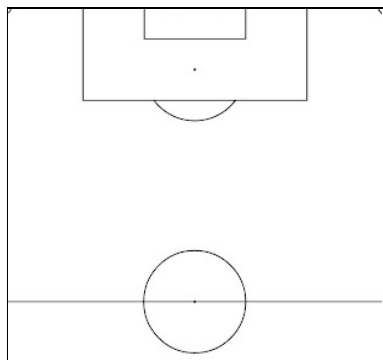


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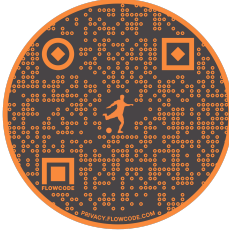
Beginner Session #2: Passing & Shooting

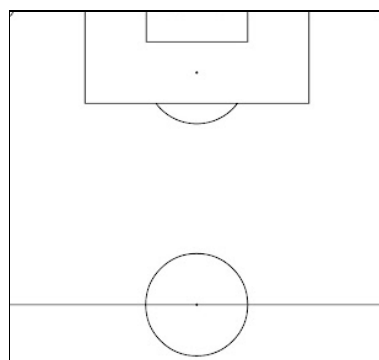
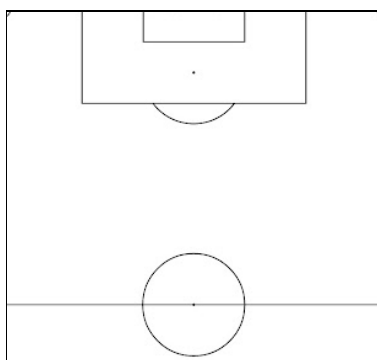
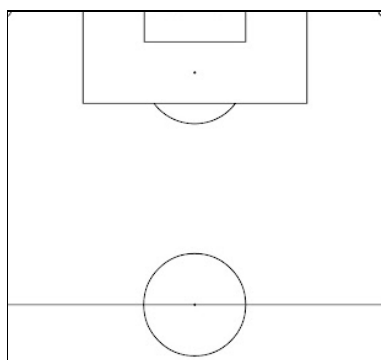
Total Time: 40-50 min. Suggested Ages: 6-9

WARM-UP	LADDER TO SUCCESS 1	PASSING FUNDAMENTALS 1
PLAYERS	2-5 PLAYERS PER GROUP	3 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	1 BALL & 2 CONES PER GROUP
RUN TIME	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

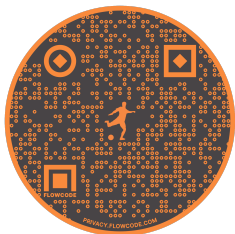
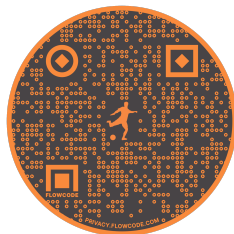
SKILLS & DRILLS	SHOOT TO WIN
PLAYERS	2-6 PLAYERS PER GROUP
EQUIPMENT	1 BALL, 1 GOAL, 1 OPTIONAL GOALIE, PER GROUP
RUN TIME	12 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>

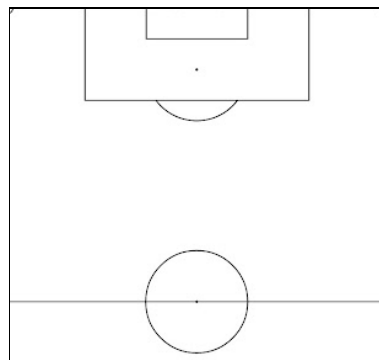
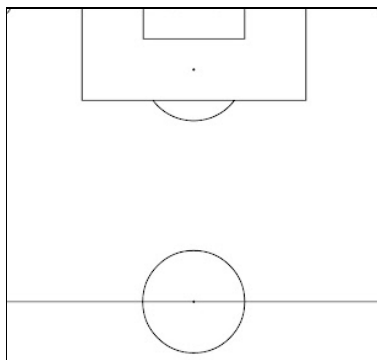
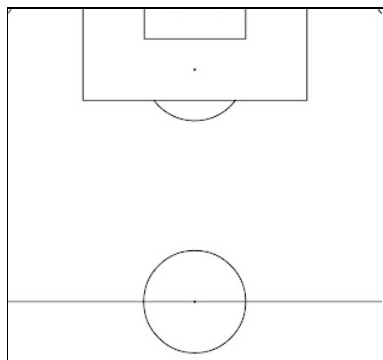


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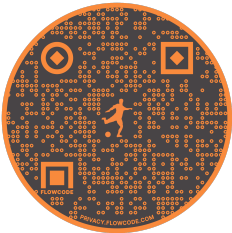
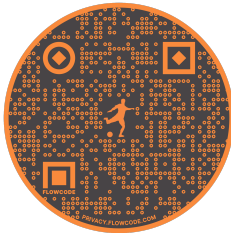
Beginner Session #3: Dribbling & Defending

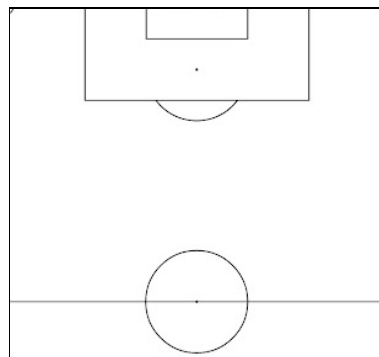
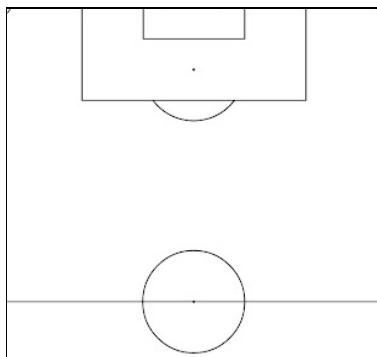
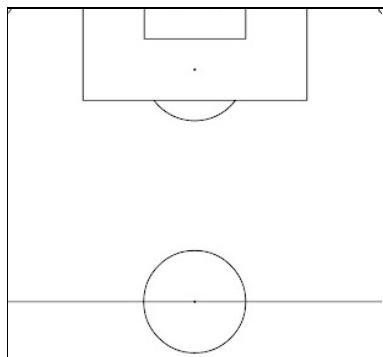
Total Time: 45-55 min. Suggested Ages: 6-9

WARM-UP	INSIDE/OUTSIDE 1	INSIDE/OUTSIDE 2
PLAYERS	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PLAYER	1 BALL PER PLAYER
RUN TIME	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

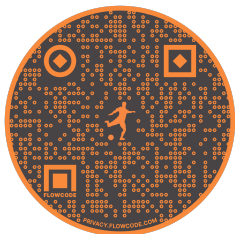
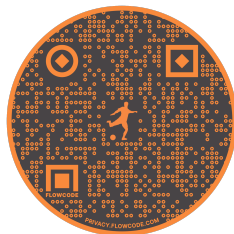
SKILLS & DRILLS	THE BLOCK TACKLE	1v1 DEFENSIVE STANCE
PLAYERS	2 PLAYERS PER GROUP	2 PLAYERS PER GROUP
EQUIPMENT	1 BALL PER GROUP	1 BALL & 4 CONES PER GROUP
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>

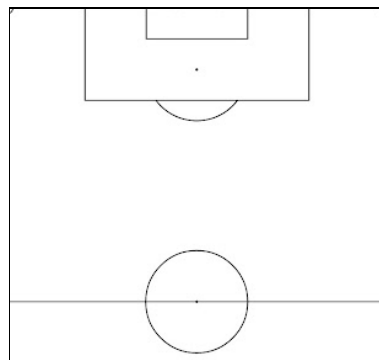
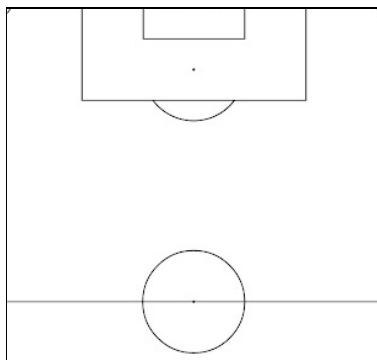
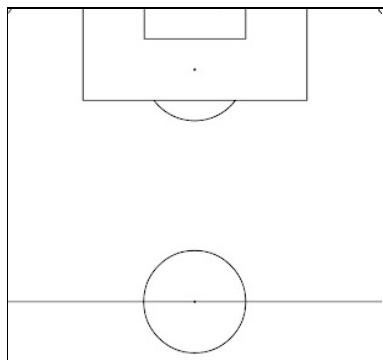


NOTES:

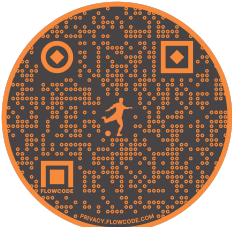
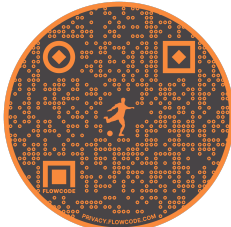
Beginner Session #4: Passing, Scoring, Dribbling

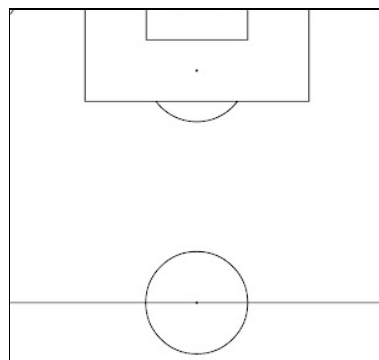
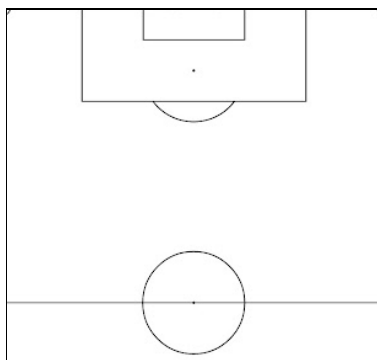
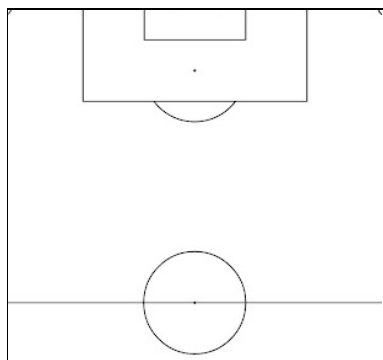
Total Time: 45-55 min. Suggested Ages: 6-9

WARM-UP	PASSING FUNDAMENTALS 1	PASSING FUNDAMENTALS 2
PLAYERS	3 PLAYERS PER GROUP	3 PLAYERS PER GROUP
EQUIPMENT	1 BALL & 2 CONES PER GROUP	1 BALL & 6 CONES PER GROUP
RUN TIME	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

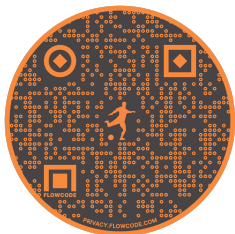
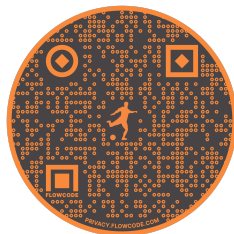
SKILLS & DRILLS	CROSSING & FINISHING 1	THE V TURN
PLAYERS	3-6 PLAYERS PER GROUP	INDIVIDUAL
EQUIPMENT	1 BALL, 3 CONES, 1 GOAL PER GROUP (GOALIE OPTIONAL)	1 BALL & 1 CONE PER PLAYER
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>

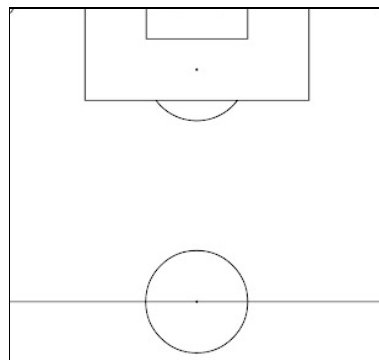
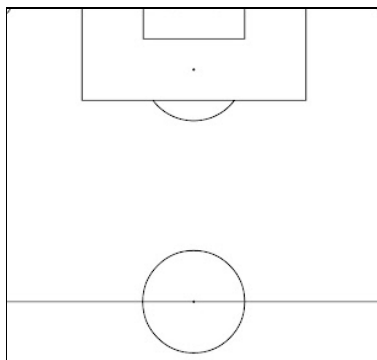
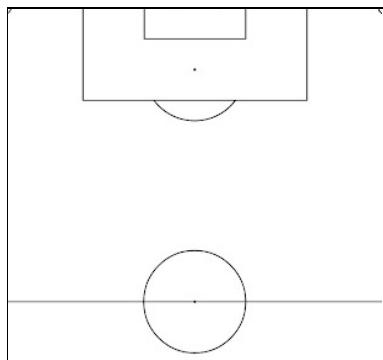


NOTES:

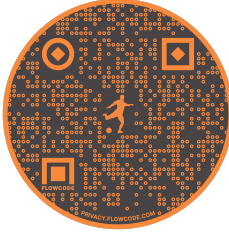
Beginner Session #5: Passing & Playing

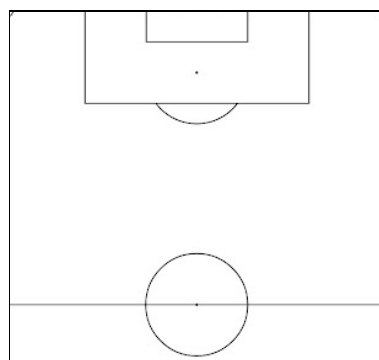
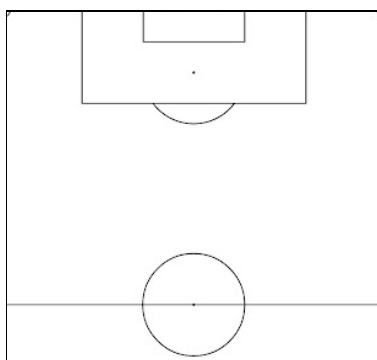
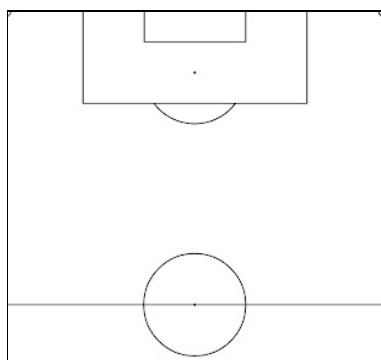
Total Time: 45-60 min. Suggested Ages: 6-9

WARM-UP	LADDER TO SUCCESS 1	PASSING FUNDAMENTALS 2
PLAYERS	2-5 PLAYERS PER GROUP	3 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	1 BALL & 6 CONES PER GROUP
RUN TIME	7 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	INSIDE/OUTSIDE 2
PLAYERS	INDIVIDUAL
EQUIPMENT	1 BALL PER PLAYER
RUN TIME	10 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

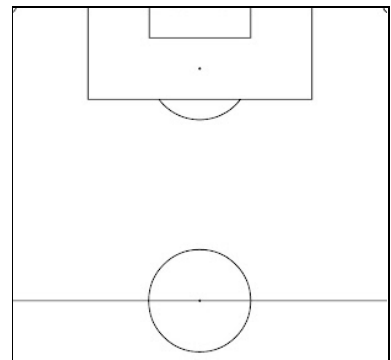
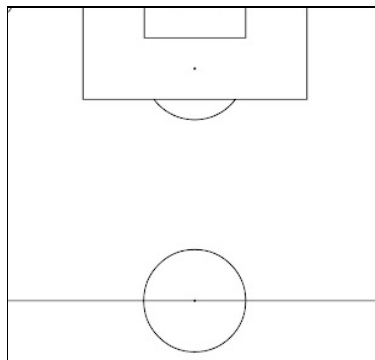
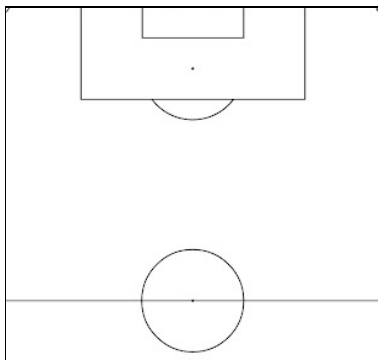
Beginner Goalie Training Options

Suggested Ages: 6-9

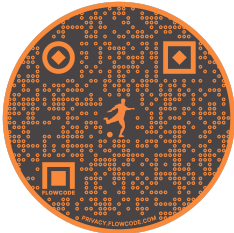
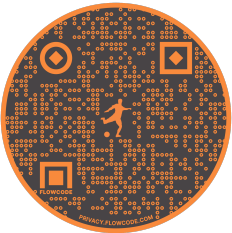
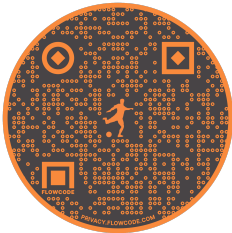
WARM-UP

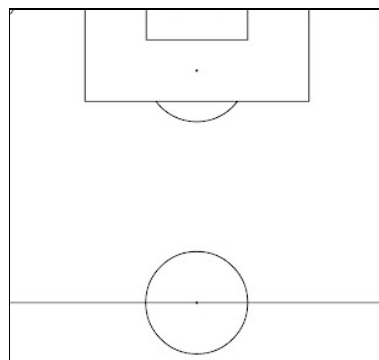
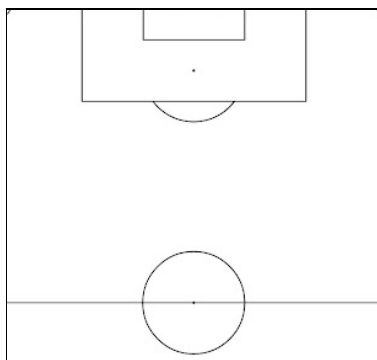
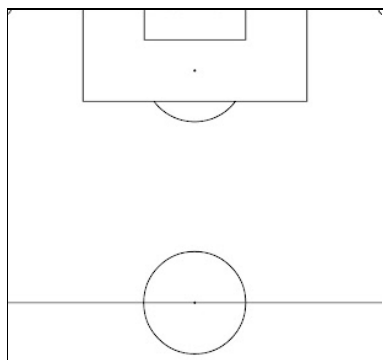
Have your goalie participate in part or all of the team warm-ups, when there is time for a goalie-specific warm-up to follow it.

For a goalie specific warmup: In pairs, any kind of tossing the ball back and forth. Vary heights/power of tosses, distance, rolls, bounces, throws straight up, etc. for the partner to collect with their hands. And upper body dynamic movements.



NOTES:

SKILLS & DRILLS	KNEELING DIVING	OWNING THE ANGLES	STANCE & HAND POSITIONING
PLAYERS	1-2 PLAYERS PER GROUP (+ OPTIONAL COACH)	1-3 PLAYERS PER GROUP	1-2 PLAYERS PER GROUP (+ OPTIONAL COACH)
EQUIPMENT	1 BALL PER GROUP	1 BALL & 1 GOAL PER GROUP	1 BALL & 4 CONES PER GROUP
RUN TIME	10-20 MINUTES	10-20 MINUTES	10-20 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES: