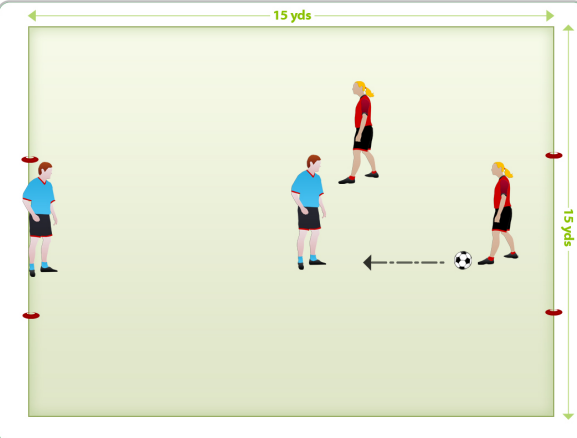


PLAYER
5-8



#36

NAME: 2 vs. 2 **THEME:** Attacking Play **PLAYERS:** 4



SET UP
Set out a 15x15 yard area. Group players in fours. Position two red and blue players inside the area with a ball.

LEARNING OUTCOME
Creating scoring opportunities and shooting with.

DIAGRAM KEY
—— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
5-8



#36

HOW TO PLAY
The team with the ball combines to advance the ball toward the opposing team's goal. The opposing team attempts to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to score a goal in the opposing goal. Players are not allowed to use their hands. Repeat in the opposite direction when the blue team gains possession.

PROGRESSIONS
1. Nominate one player on each team as the team's goalkeeper and allow that player to use his hands in front of goal.

COACHING POINTS
1. Approach the ball at an angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.

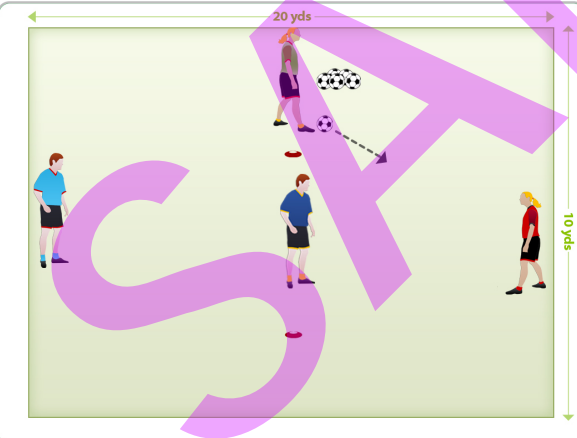
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PLAYER
5-8



#37

NAME: Low and to the Corners **THEME:** Shooting **PLAYERS:** 4



SET UP
Set out a 10x20 yard area. Group players in fours. Position a red player on the far end line and a blue player on the near end line. Position a goalkeeper inside a goal in the middle of the area, and a green player on the sideline alongside the goal with a supply of balls.

LEARNING OUTCOME
Shooting with accuracy.

DIAGRAM KEY
—— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
5-8



#37

HOW TO PLAY
The green player passes the ball to the red player. The red player controls and angles the ball in the direction of the goal with his first touch. The red player attempts to score by shooting low and toward the corners of the goal. If the red player scores or shoots wide of the target, the blue player retrieves the ball and passes it back to the green player. If the goalkeeper saves the ball, the goalkeeper rolls the ball to the green player who repeats the practice on the opposite side of the goal with the blue player.

PROGRESSIONS
1. Have the green player toss the ball to make it more difficult for the receiving player to control the ball.

COACHING POINTS
1. Approach the ball at an angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.

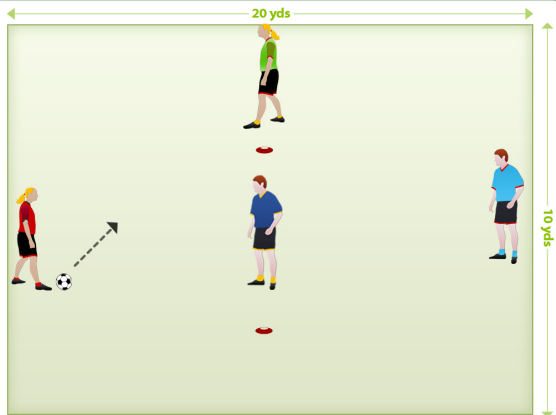
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PLAYER
5-8



#38

NAME: Classic "Give and Go" THEME: Attacking Play PLAYERS: 2



SET UP

Set out a 20x10 yard area. Group players in fours. Position the red player on the near end line with a ball, the green player approximately five yards from the red player on the sideline, a goalkeeper inside a goal in the middle of the area, and a blue player on the far end line.

LEARNING OUTCOME

Shooting with accuracy.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
5-8



#38

HOW TO PLAY

The red player passes the ball to the green player and makes a run toward goal. The green player passes the ball into the path of the red player, and the red player attempts a one-touch shot on goal. If the red player scores or shoots wide of the target, the blue player retrieves the ball and passes it back to the green player, who has moved to a sideline position on the opposite side of the goal. If the goalkeeper saves the ball, the goalkeeper rolls the ball to the green player who repeats the practice in the opposite direction with the blue player.

PROGRESSIONS

1. Have the green player follow his pass to pressure the red player as he shoots on goal.

COACHING POINTS

1. Approach the ball at an angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.

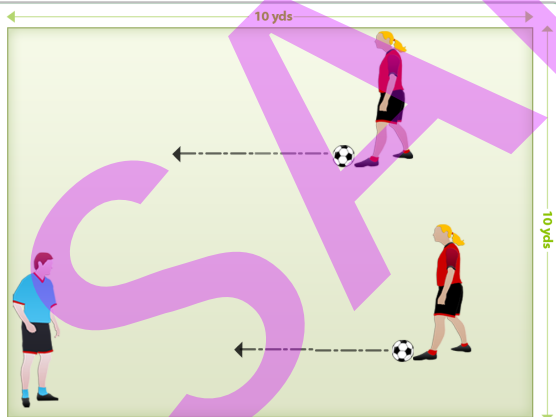
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PLAYER
5-8



#39

NAME: 1 vs. 2 THEME: Defensive Play PLAYERS: 3



SET UP

Set out a 10x10 yard area. Red players stand inside the area, each with a ball. The blue player stands in the corner of the area.

LEARNING OUTCOME

Defensive posture and tackling.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
5-8



#39

HOW TO PLAY

Red players dribble around the area trying to evade the blue player and keep possession of their ball. The blue player tries to tackle each red player and kick his ball out of the area. The game ends when there are no more balls in the area. Rotate positions and repeat.

PROGRESSIONS

1. When a red player loses his ball, he retrieves it and stands inside the area with his ball above his head and feet shoulder width apart. He re-enters the game when the other red player dribbles the ball through his legs.

COACHING POINTS

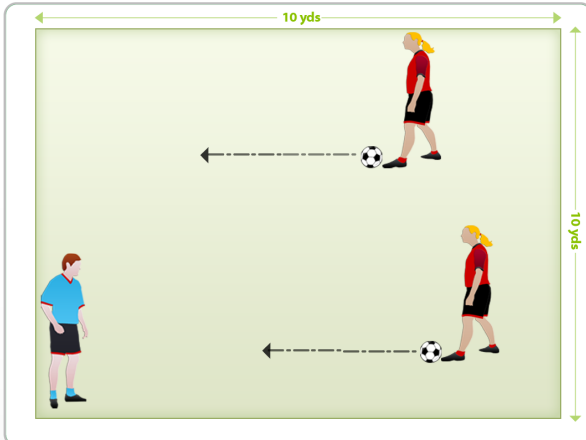
1. Shadow your opponent and try to stay within 2-3 yards of them.
2. Get low. Keep your weight on the balls of your feet and keep your hands at your sides for balance.
3. Play "side on" rather than "head on" to channel the attacker's moves.
4. To tackle, place your non-kicking foot alongside the ball. Bend your knees and position your head and upper body over the top of the ball. Contact the middle of the ball with the inside of your foot.

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PLAYER
5-8

#40

NAME: Over and Back **THEME:** Defensive Play **PLAYERS:** 3



SET UP

Set out a 10x10 yard area. Red players stand inside the area, each with a ball. The blue player stands in the corner of the area.

LEARNING OUTCOME

Defensive posture and tackling.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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PLAYER
5-8

#40

HOW TO PLAY

Red players try to evade the blue player as they dribble to the opposite end line and back. The blue player tries to tackle each red player and kick his ball out of the area. Red players join the blue player as a defender if their ball is kicked out of the area. The game ends when there are no more balls in the area. Rotate positions and repeat.

PROGRESSIONS

When a red player loses his ball, he retrieves it and stands inside the area with his ball above his head and feet shoulder-width apart. He re-enters the game when the other red player dribbles the ball through his legs.

COACHING POINTS

1. Get low. Keep your weight on the balls of your feet and keep your hands at your sides for balance.
2. Play "side on" rather than "head on" to channel the attacker's moves.
3. To tackle, place your non-kicking foot alongside the ball. Bend your knees and position your head and upper body over the top of the ball. Contact the middle of the ball with the inside of your foot.

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