



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Partner Practice</p>	<p>Divide the team into two colors. Players match up with an opponent and make a “field” with goals 1-4 yards wide. The field length is adjusted to the skill level of the players. Players alternate volleying back and forth to the opponent’s goal. The games can feature full volleys, side volleys, half volleys and “falling” volleys. Play games for time (4-5 minutes) and rotate players after each round.</p>		<p>The ball must bounce in front of the goal to count. The players are not goalkeepers (although they could be with bigger goals).</p> <p>Check for shoulder clearing Check for body rotation Check for lower leg extension Check for toe position and ball contact point</p>
2			
<p>Hand Toss</p>	<p>Assuming 18-player roster. Divide the squad into two teams and play 7v7 with four goals: Each team defends and attacks two goals, as shown. Field size ~70x50 yards</p> <p>Players cannot run with the ball and passes are made by volleying to teammates. When a ball hits the ground, it is either a turnover or a live ball (player’s choice). Goals can be scored from 1) anywhere on the field; from 2) from the opponents half only. Goals scored without first catching the ball are worth three points. Players have five seconds to release the ball. Basketball rules for defending.</p>		<p>Note: A bouncing ball provides additional volleying opportunities.</p>
3			



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<p>Final Game</p>	<p>Because the number of volley repetitions is severely reduced in a regular soccer game, the following will not be as beneficial as the previous activity.</p> <p>Field size is ~60x50 yards with two goals and goalkeepers. Two players from each team are positioned in wide channels. These players do not defend against each other. The remaining players (6v6) are organized 3-1-2. Offside comes into effect inside the penalty area. The wide players are defended by a fullback. Wide players can cross the ball or dribble at goal. Regular goals count one; goal attempts from volleys count two; goals scored from volleys count three.</p>		<p>Note: A bouncing ball provides additional volleying opportunities.</p>
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