

Passing/Catching/Footwork/1v1 Practice Plan

- 15 min Line Drills
 - Full field
 - Start with passing right, focus on keeping feet moving while catching the ball
 - Progress as needed by adding cones to shorten or lengthen the pass
 - Switch to left halfway through
- 2 min water break
- 15 min footwork
<https://www.youtube.com/watch?v=jPMDD2VWXt4>
- 2 min water break
- 10 min basic dodges against coach with noodles
- 10 min forcing box drill
 - Pair up, switch, use different dodges, defensive footwork



Forcing Box

Appropriate Age Group: 7-15

Skill(s) Practiced: Dodging, 1v1 Defense

Drill Duration: 5 minutes

Resources: Cones, Sticks, Balls

Description: Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will step into the center of the box, while the remaining players form a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone.

Progression(s): Add sticks and balls. Give defender a noodle to play defense with. Switch top hand on the stick.

Drill Diagram:

