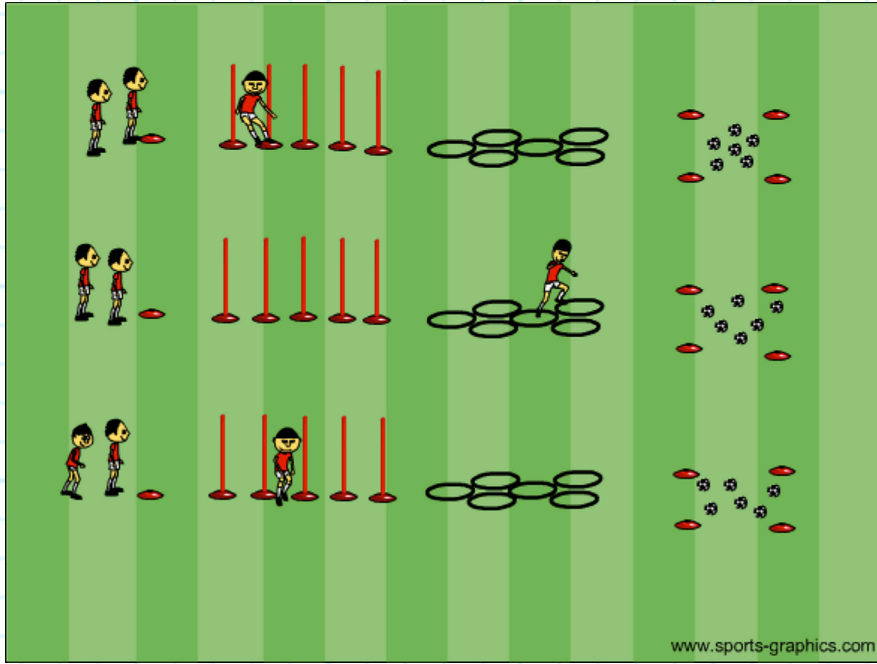




NEW MEXICO  
SOCCER ACADEMY

Date:  
Topic: Agility/Coordination Relay races  
Theme/Stage:  
Level: U5 and Up  
Coach:

Week:  
Duration:  
Extra Equip:



Set Up: Lay out Equipment to challenge agility and coordination. Place balls in a grid at the end of the course.

- 1) Players must retrieve a ball and carry back to their team running forwards/backwards
- 2) Players must retrieve a ball and dribble back to their team
- 3) Players must dribble ball thru sticks and place in grid before sprinting back to team

Web Link for video:

Coaching Points/ Questions

**Technical:**

**Tactical:**

**Psychosocial:**

**Physical:**

To Adjust Difficulty:

Notes: