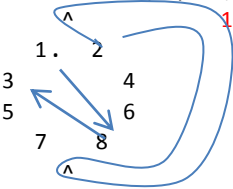
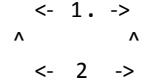
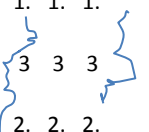


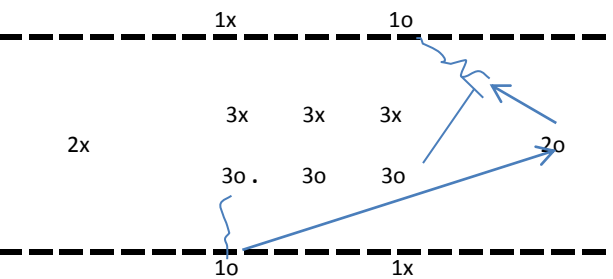

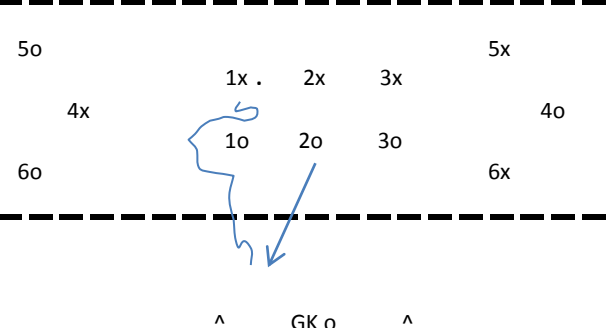


Week 1 - Club Training (Dribbling)

Description	Organization	Coaching Points
<p><b>WARMUP (20 min)</b></p> <p>Dribbling: 1 at a time dribble across area replace player on the opposite side by tagging (changing places with them) DEV sit down after dribbling (time how long it takes for 1 round all sitting - repeat) (U9-10, keep the flow going - no sitting, add 2nd ball)</p> <p>- then place 2 cones on outside opposite ea other call out a player (3) - have them dribble to/around each cone before returning to original spot while other is still doing inside work from above.</p>	<p>2 or 3 Circles - 8 players (1 ball) 16 yds diam</p>  <p>10 min</p> <p>Second part going around cones using R foot only &amp; L foot for those skilled.</p> <p>Add a 2nd player going opp way - other 1/2.</p> <p>Add a 2nd ball once they get idea so 2 dribblers are going at once... then when use outside only 1 player dribbles across inside.</p>	<p>Thinking in advance who to go to...</p> <p>Lots of touches before getting to other player</p> <p>Looking up while dribbling if possible</p> <p>Keep it moving fairly quick and balls under control</p>
<p>Moves - both directions getting used to Right and Left step over - without touching ball or cone scissors - w/o touching lunges behind ball - w/o touching inside cut move change of direction w sole of foot pulling backwards or rollover to side</p>	<p>10 min</p> <p>Every player with a ball or cone - all facing same way</p> <p>11. 6. 1. with 5 yds separating them across 12. 7. 2. so when they do their moves they 13. 8. 3. (C) all are looking same direction and 14. 9. 4. can cheat off their neighbor and 15. 10. 5. mimic move the coach makes</p> <p>Might divide the groups so 1 coach has small group</p>	<p>Quick fakes right and left</p> <p>Little movement of ball so they get used to fakes</p> <p>Head, shoulders, body bending into fake</p>
<p><b>TECH SKILL adding pressure (20 min) + break</b></p> <p>Shadow game - player (1) tries to get to either cone and stop ball before (2) can get there. Use step overs, fakes, lunges, cuts - go for 1 min then switch roles... change partners and go again matching up skills better to make players work</p>	<p>2 cones; 1 ball; pairs working together Place the cones 5-8 yds apart depending on age Imaginary line separates players from each other</p>  <p>10 min</p>	<p>Decisions - which move to use; combine moves</p> <p>Use of body to fake, crafty and deceptive</p> <p>Be able to stop ball quickly once at cone</p>
<p>(1) and (2) dribble, 3 defends center area. (1,2) try and find appropriate time to dribble across using moves Switch roles quickly having (1) leave balls &amp; DEF then same with (2). See if players take advantage of the moment of transition.</p>	<p>1. 1. 1. Setup a 15 x 25 yd area 3 3 3 2. 2. 2.</p>  <p>10 min</p>	<p>Same as above</p> <p>Attack space when open (moment of transition).</p>
<p><b>GAME LIKE CONDITIONS (15 min)</b></p> <p>1v1 - allowing players to score by dribbling thru gates</p> <p>1v1v1 whoever has ball dribbles counting # goals truly a 1v2 as whoever gets the ball must beat the other 2 players... changing direction</p>	<p>20 yd x 20 yd area; cones 3 yds apart; players at corners Balls with COACH</p> <p>1,2 3,4 1,2,3,4 (red)... 5,6,7,8 (yellow)</p>  <p>(C)oach serves balls in and calls ... which players come in.</p> <p>5,6 7,8</p> <p>Divide the group into 3 colors evenly and have one of each color come into the game... track pts by color, change opponents if lopsided - different matchups</p>	<p>Same as above</p> <p>Change of direction critical</p> <p>Aggressive to win ball, be controlled</p> <p>Shield ball while setting up move as needed</p>



Week 1 - Club Training (Dribbling)

Description	Organization	Coaching Points
<p><b>WARMUP (15 min)</b></p> <p>(1) -&gt; (2) comes to middle passive DEF (2) makes move and they trade places then (2) -&gt; (1) - repeat <i>(def "side-on" jockey back a step take away 1 side)</i></p> <p>1v1: Two minute games w bibs rotating down a field keep track of the number of wins. (Must dribble thru to score)</p>	<p>Pairs 10 yds apart 1 ball facing each other</p>  <p>Set up five 1v1 games with goals on the goal line -&gt; 15 Next set of fields starting on the 20 to 35 with all the players on the 15 and 20 in bibs...</p>	<p>Get comfortable with 3 moves - both directions</p> <p>Slow at first, but then go at speed.</p> <p>Make sure adequate distance - don't get too close before making move</p> <p>Sell the fake</p>
<p><b>TECH SKILL adding pressure (20 min) + break</b></p> <p>Directional keepaway - 2pts for exchange with player (1) &amp; 1pt for an exchange with player (2). Goals for every successful takeover. (3) switches places with (1) or (2) after takeover - changing with (2) by calling for a takeover ... (2) can enter field to complete the takeover, (1) must stay outside lines. <i>(if fake the exchange... player w/o ball goes back out)</i></p> <p>If pass to the outside one touch to keep flow going. Only enter game with takeover.</p>	<p>Small sided game 3v3 with extras on sidelines 1/4 of the field area (directional to score)</p> 	<p>Take on defenders in the attacking third.</p> <p>Look for advantage by spreading the defense.</p> <p>Be efficient - using timely pass and combination play with (2) to open (3) up to dribble and score. Takeovers - player with the ball closer to DEF than the overlapping player.</p> <p>Shielding Field awareness Safe decisions while defending; risk on offense</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b></p> <p>Focus on dribbling at least 3 passes + 1 dribble to beat defender before go in to score. Takeover results in immediate ability to go to goal.</p> <p>If you want help you can stepover and pass back to another player to join in attack making it a 2v1.</p> <p>GK restarts game by kicking ball to teammate</p>  <p>Attempt to beat GK with dribble move rather than hard shot. Objective is to use deceptive skills to score w a pass on the ground, not a driven shot.</p>	<p>1/4 of the field - depending on number of players 30yd middle area; 10yds either side in front of GK 50yd space - playing side to side GK on Football sidelines</p> 	<p>Same as above</p> <p>Look for opportunities to penetrate to score.</p> <p>Shield ball from pressure.</p> <p>Look to combine passes with dribble to open game up and spread the defense.</p> <p>Use finishing skills to place ball to beat GK.</p> <p>Head up, find GK, try and fake (dribble GK)</p>