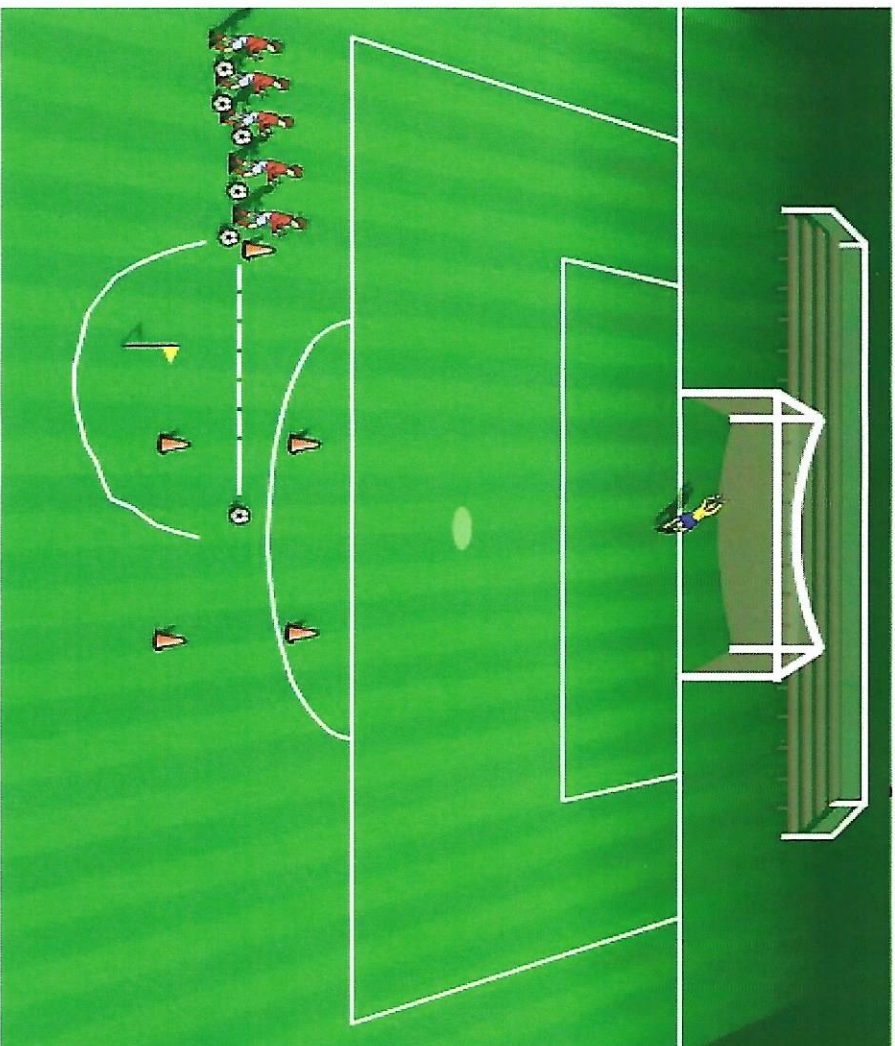


Shooting

US Skill 11
US Skill 12 older book



Setup:

Grid 10 x 10
Cone/flag
goalkeeper
Players with Ball

Instructions:

Players will pass the ball into the grid
Players will then run around the flag/cone and enter grid where they will shoot at the goal
weight and accuracy of pass into grid are very important.
Players can not take a shot at goal if pass is to strong and leaves the grid.

PROGRESSION - Do the same but from the opposite side and use you left foot to shoot

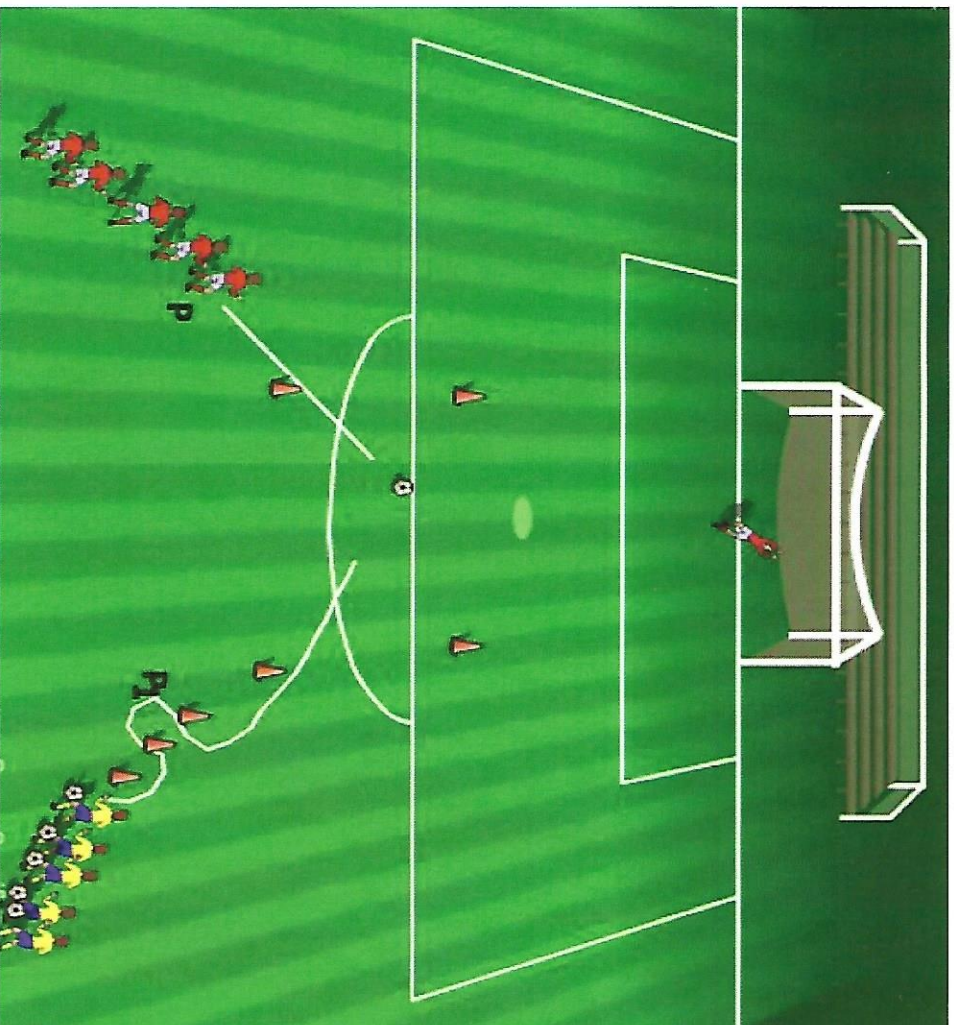
Coaching Points:

Weight and Accuracy of Pass
Change of pace
Part of Foot
Part of Ball

You want to get success so if you need to make grid bigger and move closer then do so.



SHOOTING



Setup:

10X10 Grid
3 cones to dribble around

Instructions:

P1 dribbles around the 3 cones and into the grid
P1 stops the ball in the grid.
P2 shoots first time
players rotate after every shot
Progression - move Grid further away or closer to goal to provide different ranges of shooting
Fun Competition who can score the most goals in 2 minutes

Coaching Points:

Close Control
Running with the ball
Angle of run from P2
Timing of Run from P2 (do not get there too early)
Head up to see goal, Head down to strike
Accuracy over power



CATCH THE TAIL

US
Skill 4



Setup: Catch the Tail

1 player / 1 ball

10x10 meter square

Instructions:

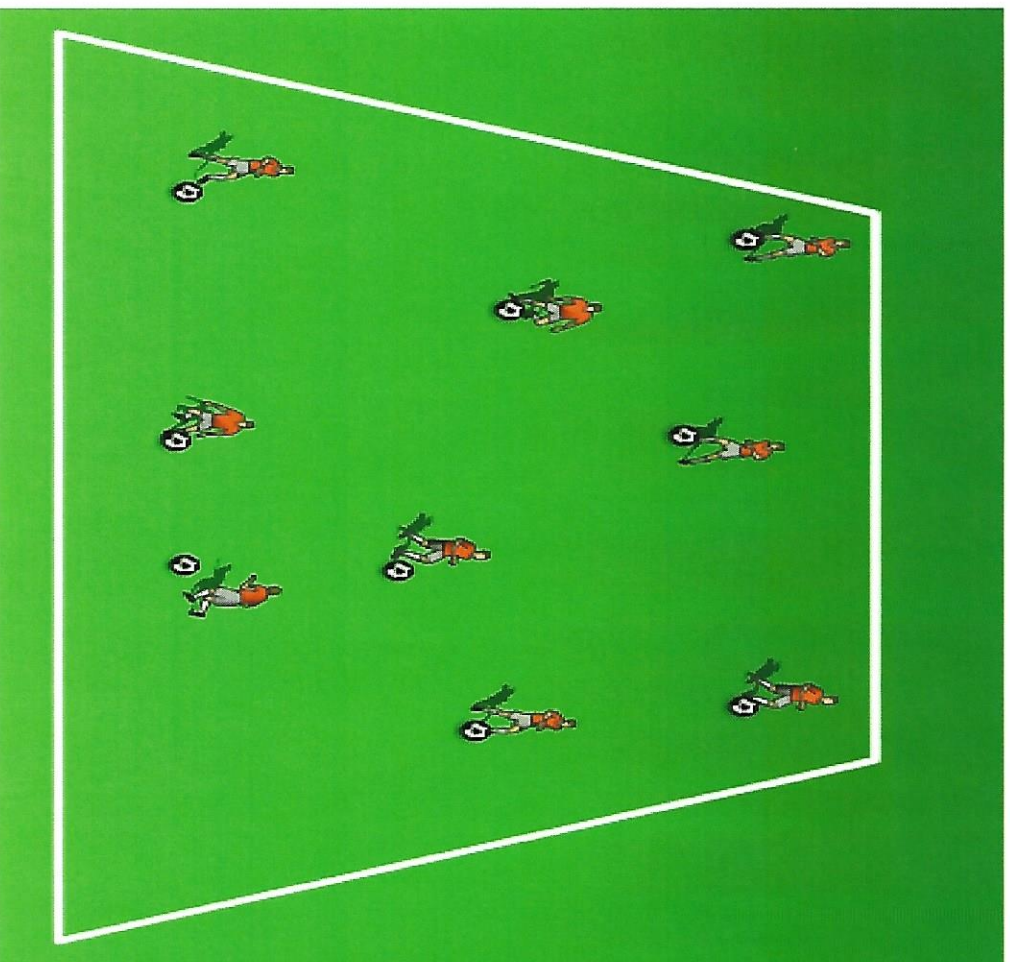
2 teams of uneven numbers without balls to start. 1 team with bibs tucked in back of their shorts. On signal, team without bibs tries to steal the other players bibs.

Progression: 1) provide every player with a ball

- All players dribble to maintain possession of their ball

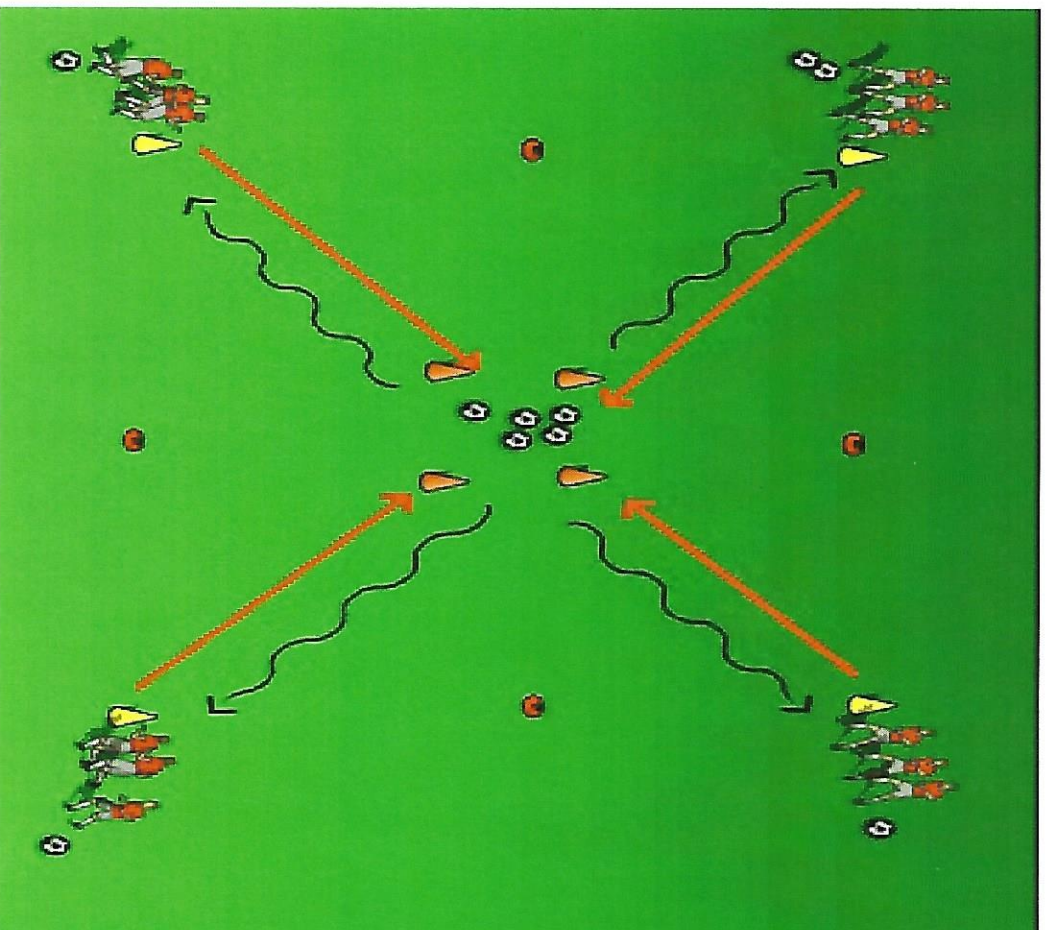
Coaching Points:

1. Let them play



US Skill 2

KNIGHTS AWAY



Setup :

Knights away
10x 10 yard working area/grid

Instructions:

3-4 players (knights) in each corner of the 'Castle'
10 balls (jewels) in the middle of the area/grid
On signal "Knights Away", each player will run toward the jewels, Pick 1 up, & bring it back to their castle.

Progression:1) When all the balls are gone players can steal balls from other players castle's.

-Players are only allowed 1 ball at a time and players cannot tackle or protect the ball. Play for 1-2 minutes then change the players

Progression:2) introduce the ball. Rather than pick the ball up the players have to dribble the ball back.

Coaching Points:

- Let them Play!



PASSING GAMES

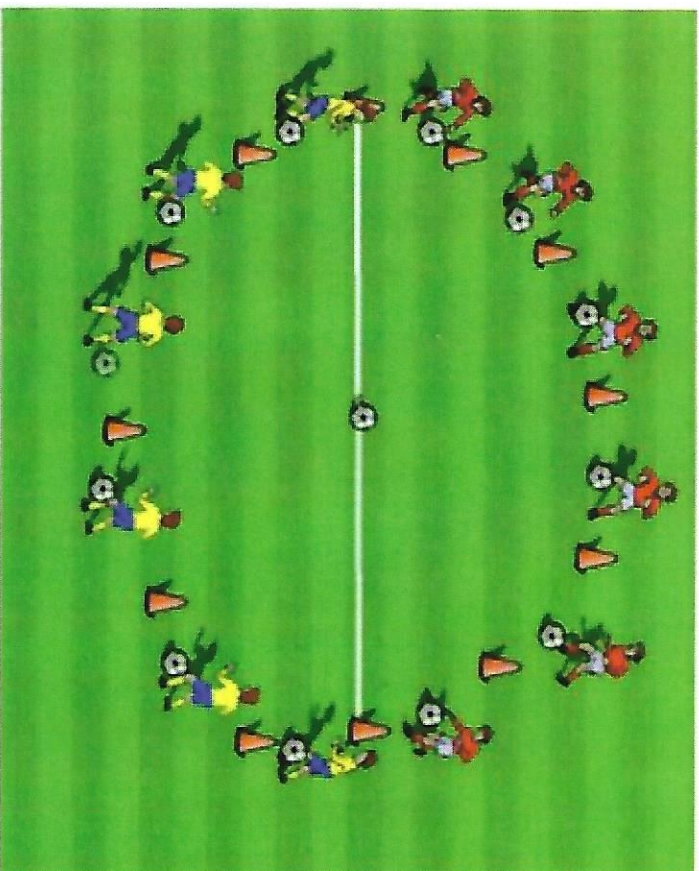


• PINBALL -

Split players into two teams and position around outside of a ten yard radius circle.

Place a neutral ball - with clear pattern or design in centre of circle as a "pinball"

Players have to try and pass their ball from outside of circle to hit pinball. Object of game is to try and knock pinball outside the circle over oppositions half. Players must not kick pin ball and can only enter circle to retrieve a ball and then return to outside to shoot.



MINI KICKERS TIP.

For all passing games or any you devise yourself, you can challenge the players depending on their ability levels with simple challenges.

1. Go from stationary targets to moving targets.
 2. Challenge players to use a certain foot to make each pass
 3. Use limited touches if players are very good.
 4. Condition players to limited touches and condition their receiving touch
 - ie: left foot stop ball - right foot pass etc.
- As with all games keep your enthusiasm high - help fetch balls to keep activity high as well.
 - Don't coach too much unless ability level is high, and then allow conditions to coach players and their mistakes to teach them.
 - **KEEP THE FUN FACTOR IN EVERYTHING**



Passing and Receiving



Setup

Split players up into 4-6 groups.

1 ball per group

Players working 5-10 yards away in distance

All passing grids in line with each other.

Instructions

Players pass and follow pass to opposite line using two touch

- inside of the foot to pass & receive

2. Limit right and left foot ONLY

3. Competitive: First team to get 30 points is the winner

- Players cannot touch ball until it passes the goal line

- If ball touches cone it doesn't count

Coaching Points

1. Part of foot/ Part of ball

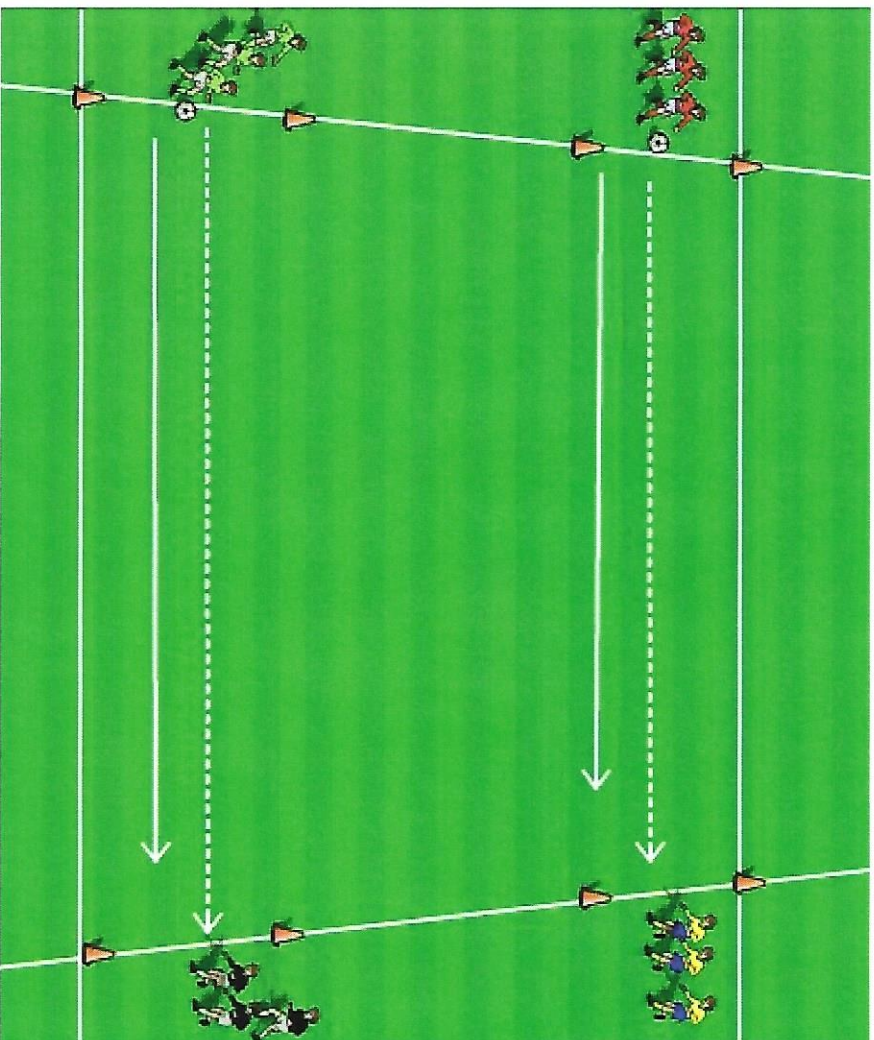
2. Accuracy /pace of pass

3. On your toes

4. eye on the ball

5. Body behind the ball

6. First touch in front of passing foot



Running with the Ball



Setup

4 teams of 2 players numbered 1 & 2 1 ball per pair

Instructions

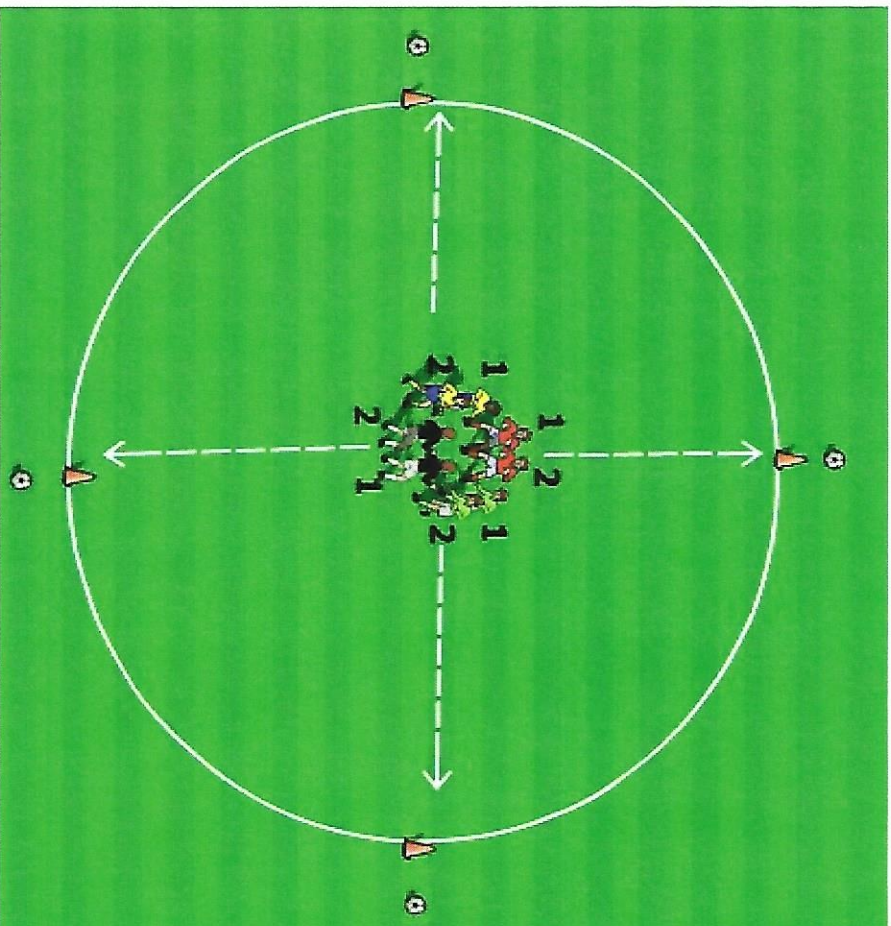
On coaches call, 1 player runs out and collects ball and dribbles all the way around the world back to thier starting place.

- 1st player back with thier ball stopped at cone under control = 1 point

Progression: 1) As players retrieve their ball and dribble around the world the coach will instruct the players to turn and change direction dribbling in the opposite direction.

Coaching Points

1. Close control
2. Part of foot/ Part of ball/ Head-up
3. Speed



Running with the Ball



Setup

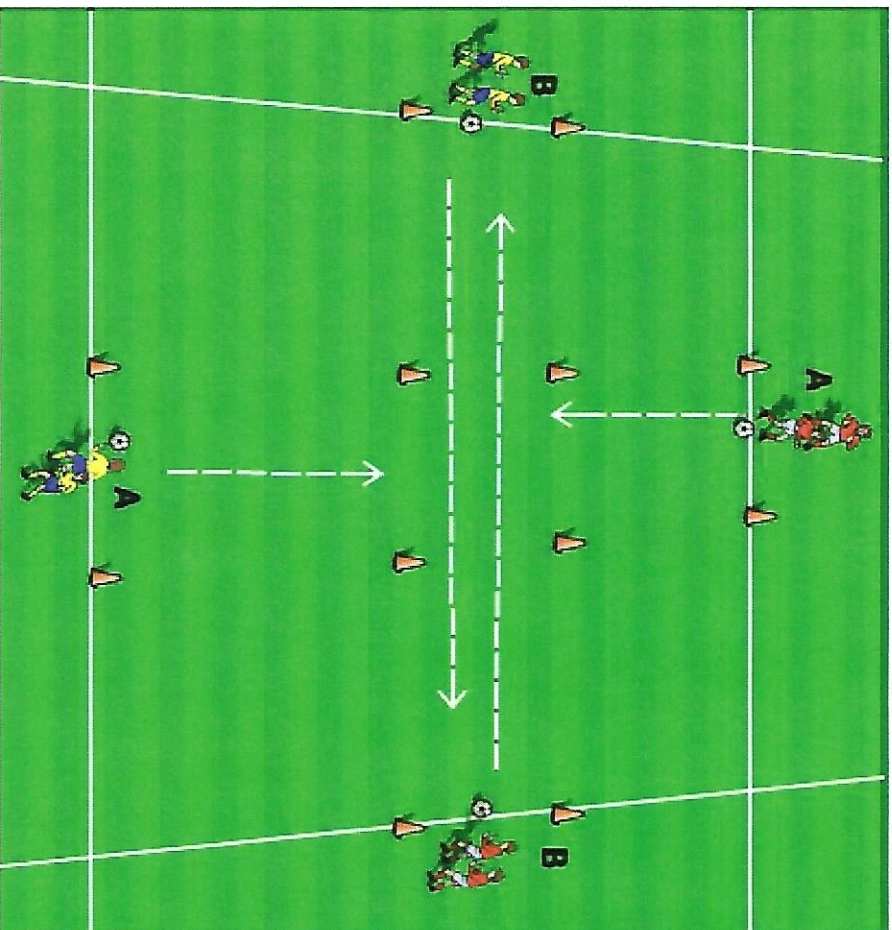
Divide the players into 4 groups of 2-3 players each.
Each player with a ball

Instructions

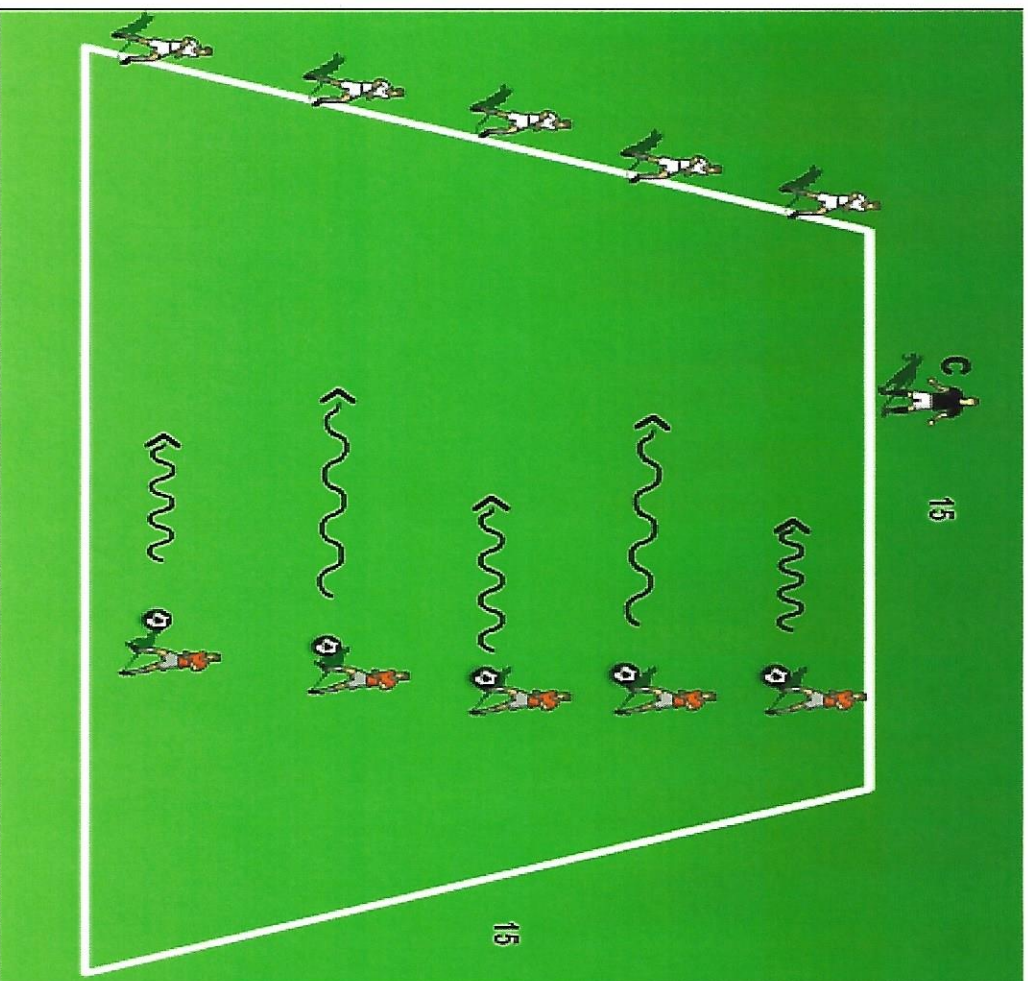
1. Both players at A will start by running straight without the balls jogging through the middle grid.
- as soon as the A has gone then both players at B will repeat.
2. Players now run with the ball in unison at same time to the opposite direction avoiding colliding into the other player.
3. 2 players now run with the ball until they get to the middle grid. they will stop their ball in between the cones and then after the other players ball and play a pass to the next player. Every player will follow pass and move to the back of the line.
3. All 4 players will going at one time
4. Competition: In teams
- 1st player to run with the ball to the opposite side earns 1 point for their team.

Coaching Points

1. Head-up
2. Control
3. Use laces for every touch
4. Fewer touches on the ball
5. Attitude/ determination



Turn & Burn



Setup:

Divide players into two teams of even numbers – using different colored pinnies
15x15 yard grid

Instructions:

-One team starts on one end of the grid with a ball each.
Players with balls dribble towards their partner without who remain stationary. Coach shouts “TURN” and players on ball turn and dribble back to starting line.
-When players without ball hear “TURN” they try to chase after their partner trying to steal ball.

VARIATIONS:

Introduce different turns
Easier – Start with out balls

Coaching Points:

1. Close control
2. Head- up
3. inside cut – big toe turn /outside cut – little toe turn
4. Change of direction
5. change of pace/speed



Turning



Setup:

Mark out a 20 x 20 yard grid.
Each player with a ball.

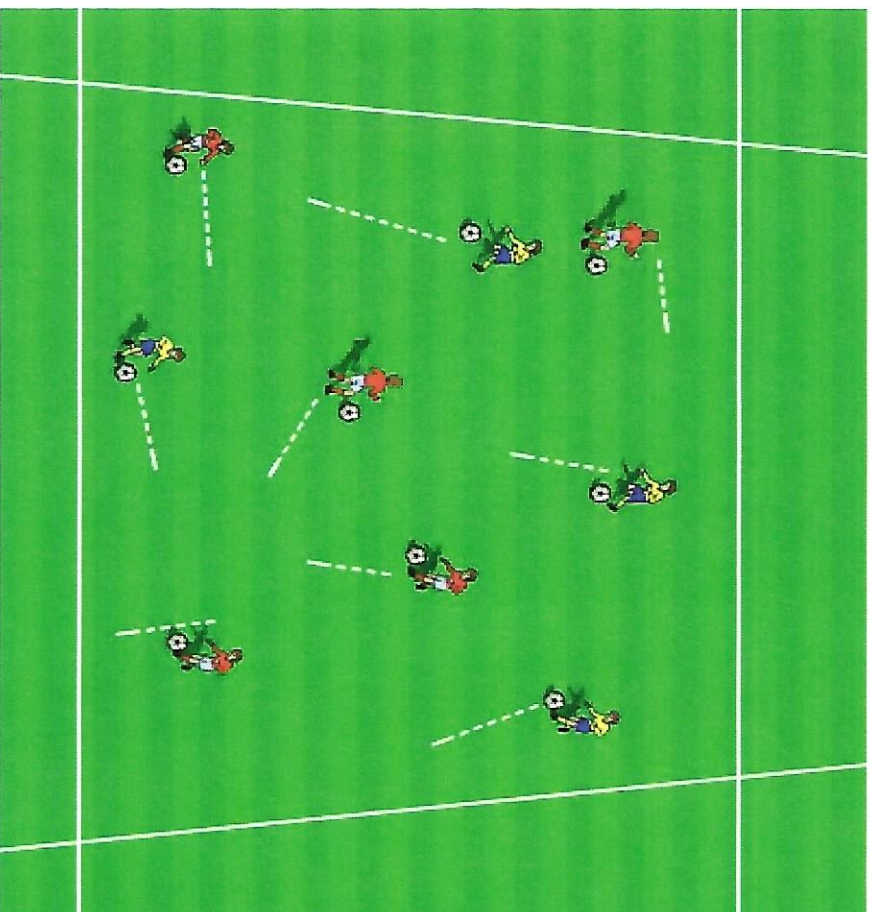
Instructions:

Players start off on the dribble.
Coach will explain and demonstrate a series of different turns on the ball using all parts of both feet.

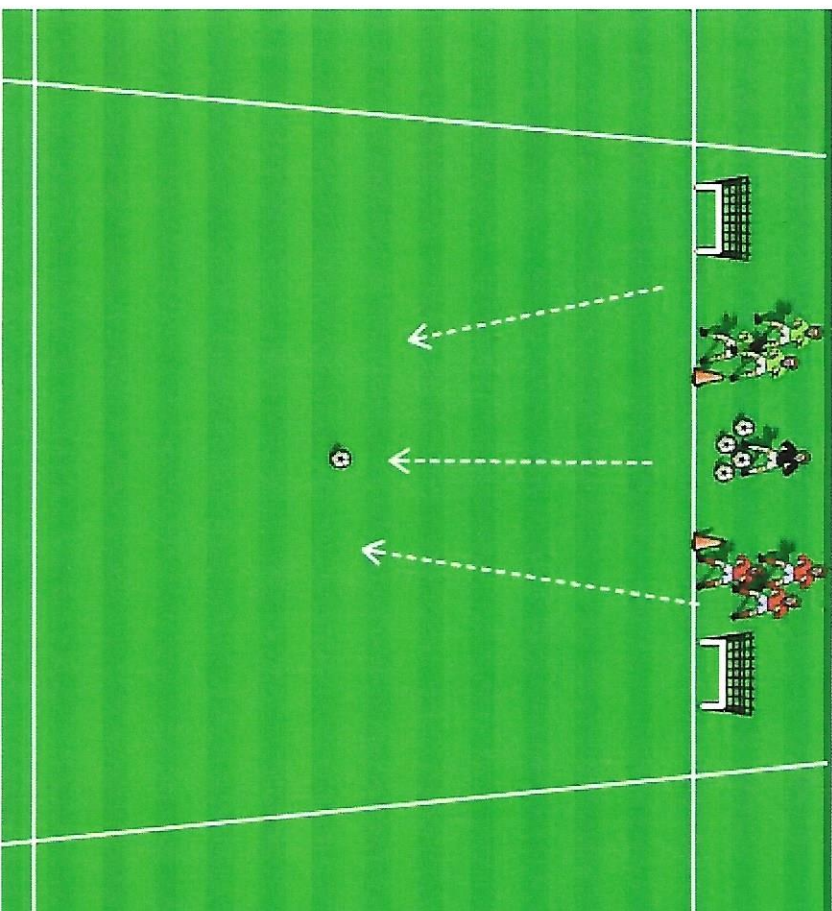
1. Inside Turn
2. Outside Turn
3. Inside-Outside Turn
4. Pull back
5. U -turn
6. Cruyff Turn
7. Reverse Scissors
8. Step-on

Coaching Points:

1. Keep ball close
2. Bend knees. low to ground for balance
3. part of foot/ part of ball
4. distance of non turning foot to ball.
5. Change of direction
6. Change of pace



Turning



Set Up:

2 mini-goals
coach will start with all the balls
Divide the players into 2 teams of equal numbers,
No goal keepers.

Instructions:

2 teams play for points
- 2 players stand lie or sit etc.
- Coach plays the ball into the field
Players get up and first player to the ball tries to gain possession and score on one of the goals.

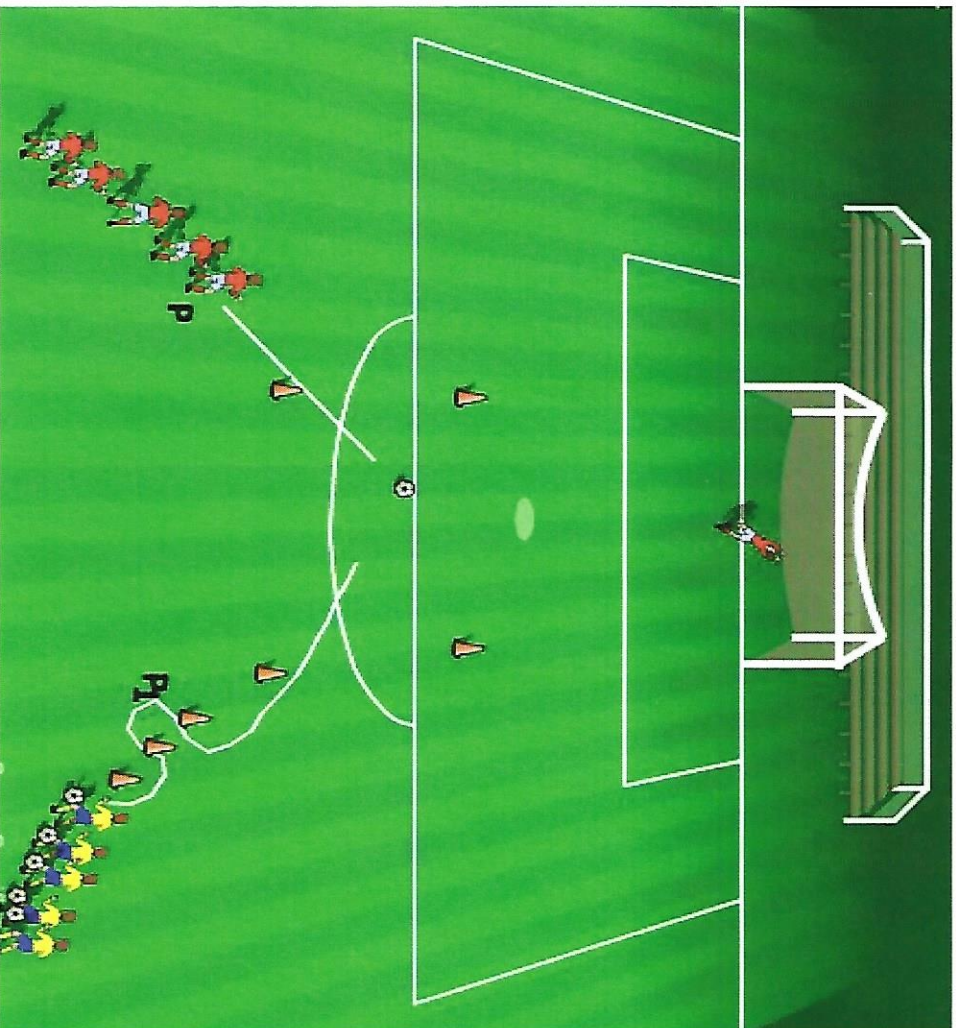
Coaching Points:

1. Dribbling - close control
2. All parts of both feet
3. Head-up
4. On your toes/ Sprint to ball
5. Quick turn on ball
6. Change of pace



US Skill 10

Shooting



Setup:

10X10 Grid
3 cones to dribble around

Instructions:

P1 dribbles around the 3 cones and into the grid
P1 stops the ball in the grid.
P2 shoots first time
Players rotate after every shot
Progression - move Grid further away or closer to goal to provide different ranges of shooting
Fun Competition who can score the most goals in 2 minutes

Coaching Points:

Close Control
Running with the ball
Angle of run from P2
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Head up to see goal, Head down to strike
Accuracy over power

