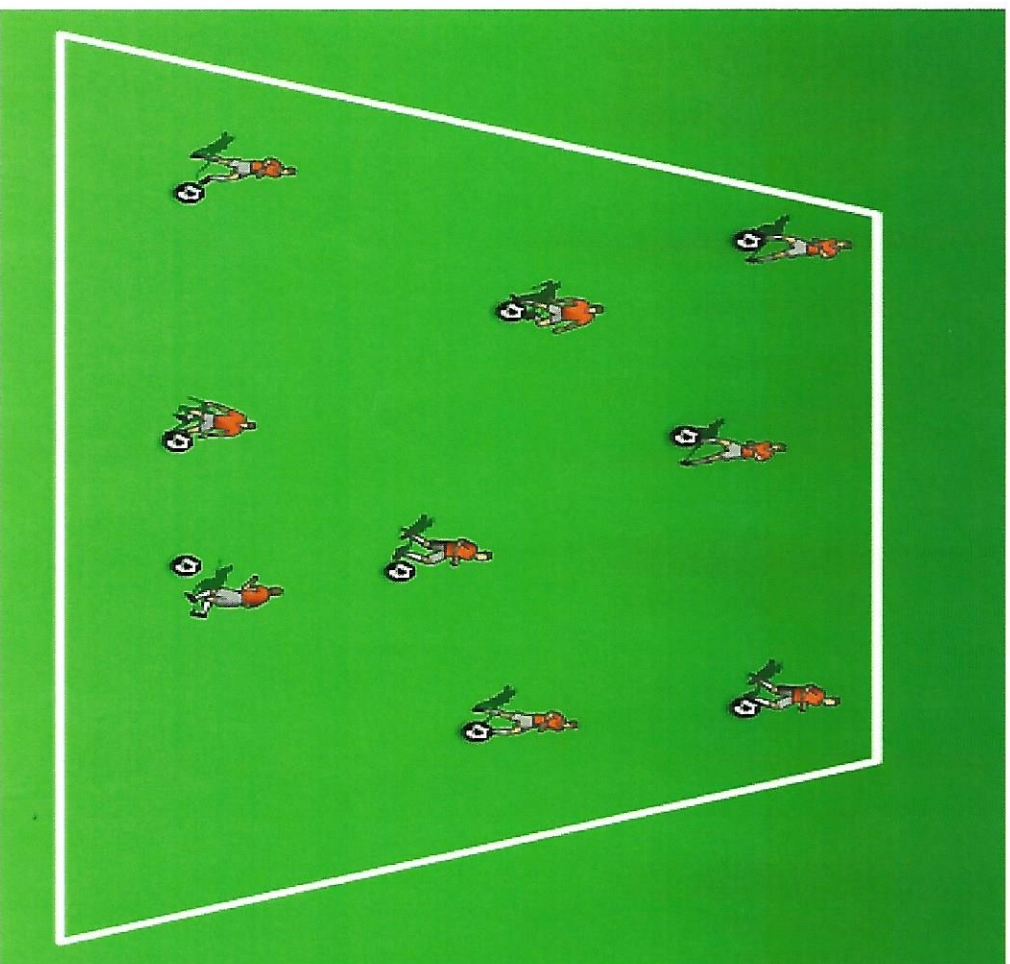


CATCH THE TAIL

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

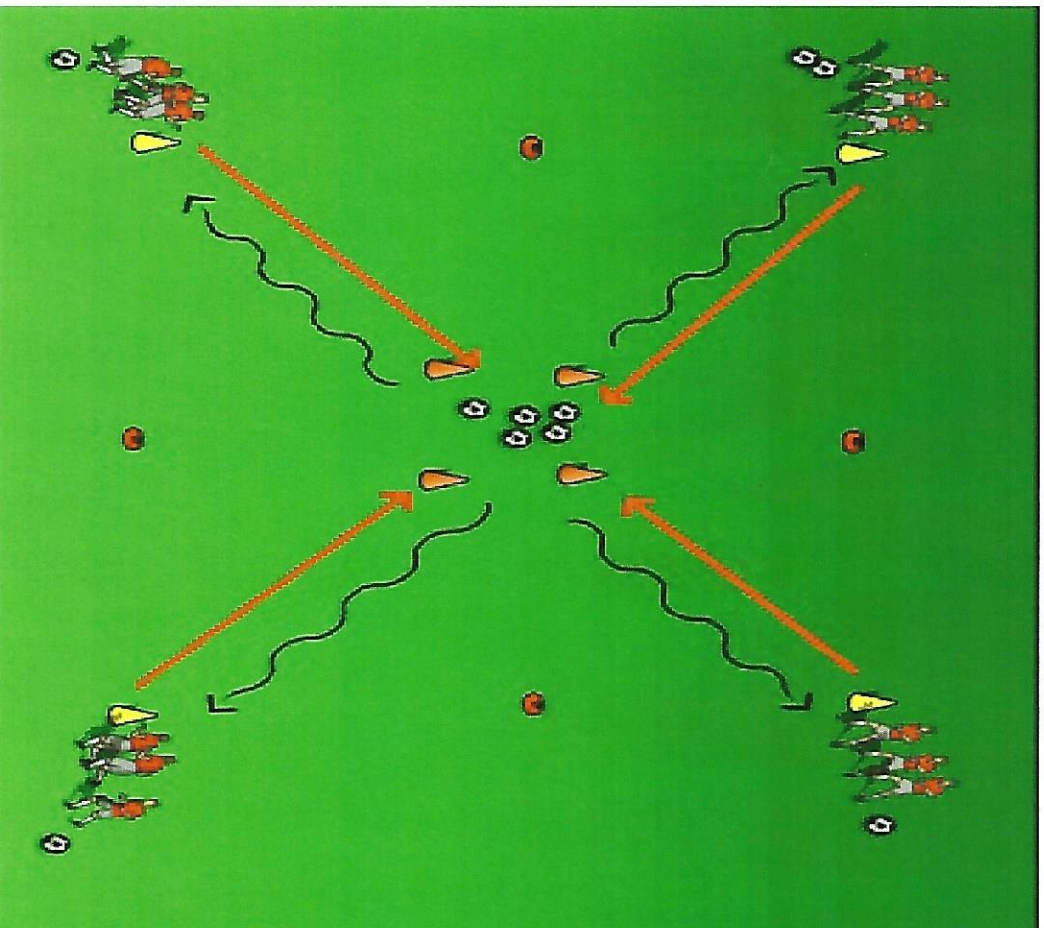
Coaching Points:

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!



DRIBBLING



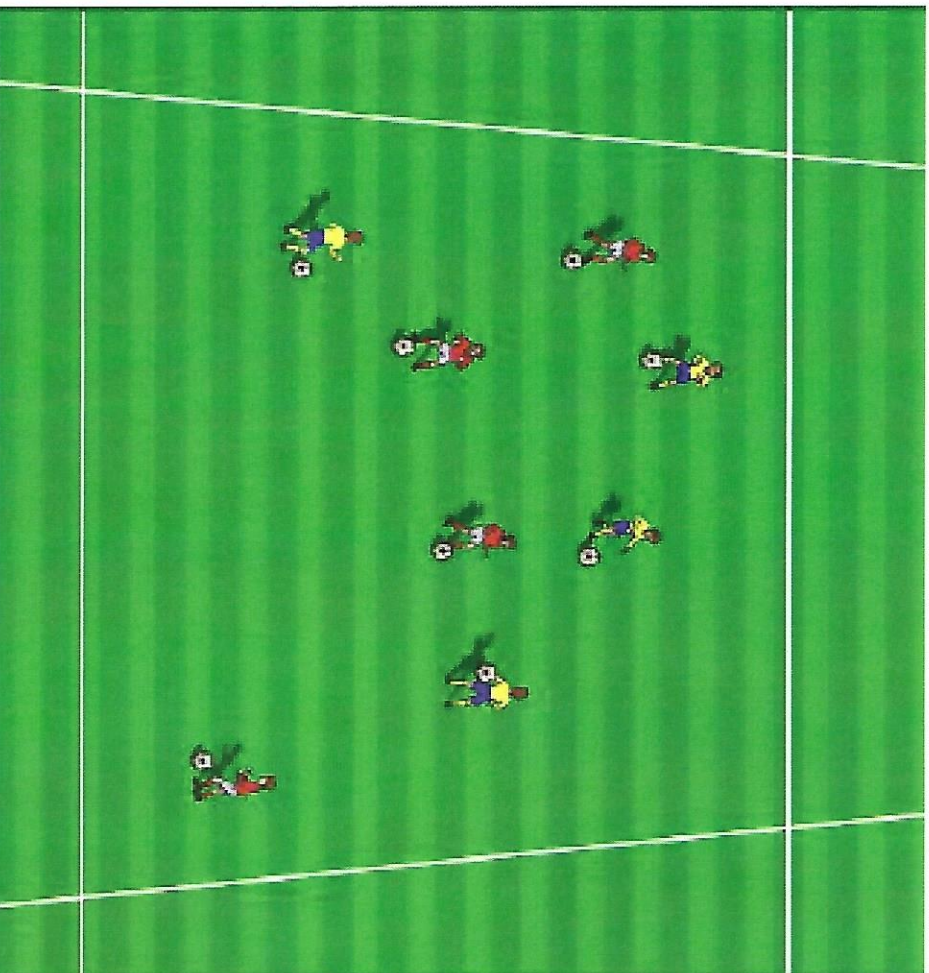
Setup:
20x20 Grid

Instructions:

- 1) Warm-up: Creative Dribble
- 2) Inside Touches- Forward/Backwards
- 3) Outside Touches
- 4) Toe Taps- Forward/Backward
- 5) Toe Drags- side to side
- 6) Sole Rolls
- 7) Stop Ball - move back - move forward - dribble
- 8) Change - find someone else's ball and dribble

Coaching Points:

Close Control
Lots of touches on the ball
All parts of both feet
Head up - Awareness
Find Space
Creativity



RUNNING WITH THE BALL



Setup

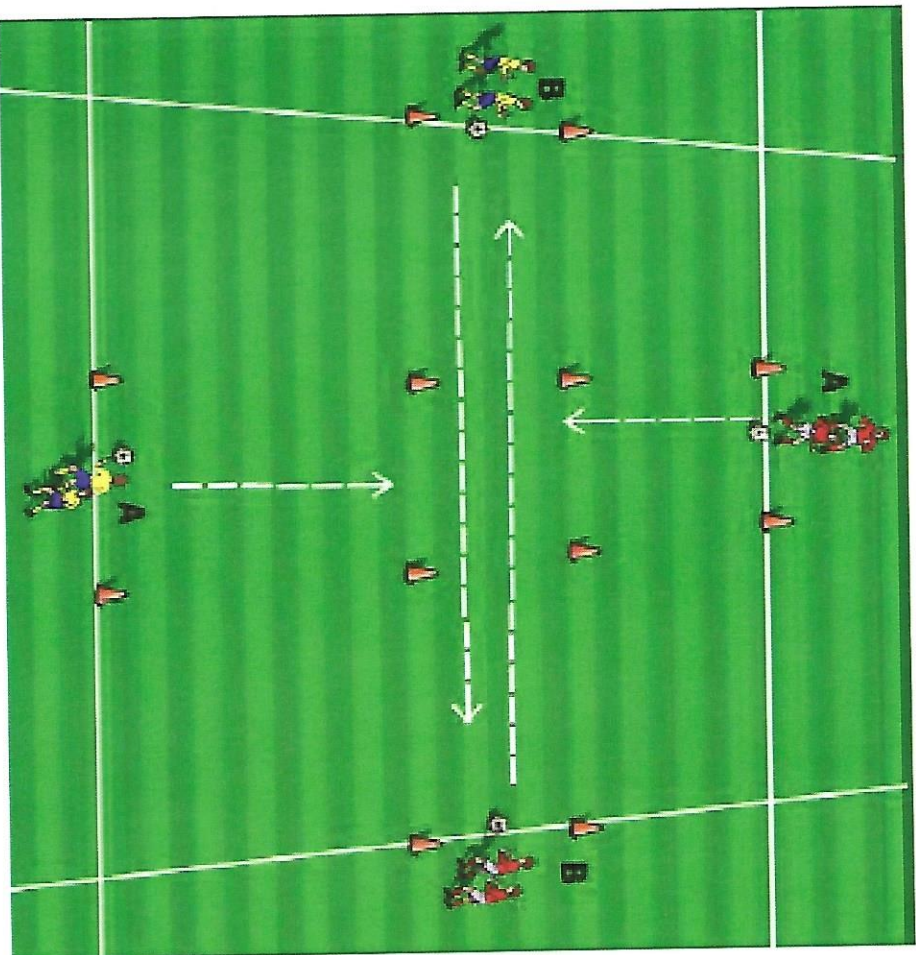
Divide the players into 4 groups of 2-3 players each. Each player with a ball

Instructions

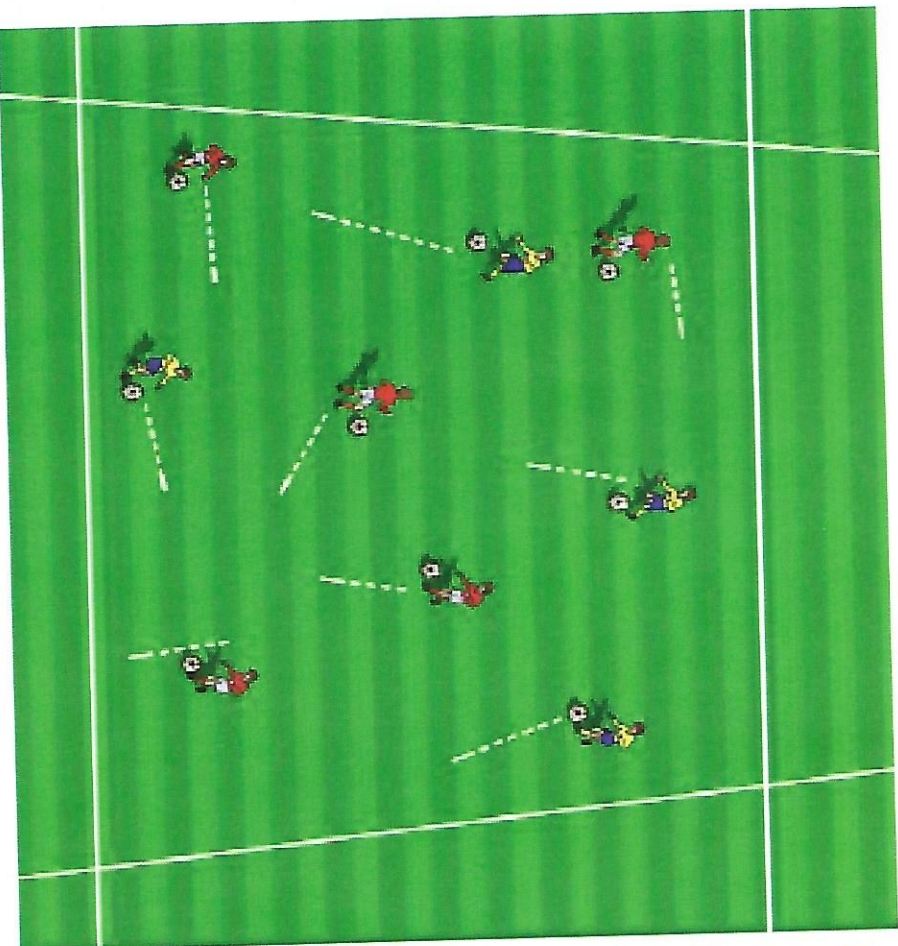
1. Both players at A will start by running straight without the balls jogging through the middle grid.
2. Players now run with the ball in unison at same time to the opposite direction avoiding colliding into the other player.
3. 2 players now run with the ball until they get to the middle grid. they 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 go at one time
4. Competition: In teams
 - First 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



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



RUNNING WITH THE BALL



Setup

2 groups of players divided into 2 teams.
Each player with a ball

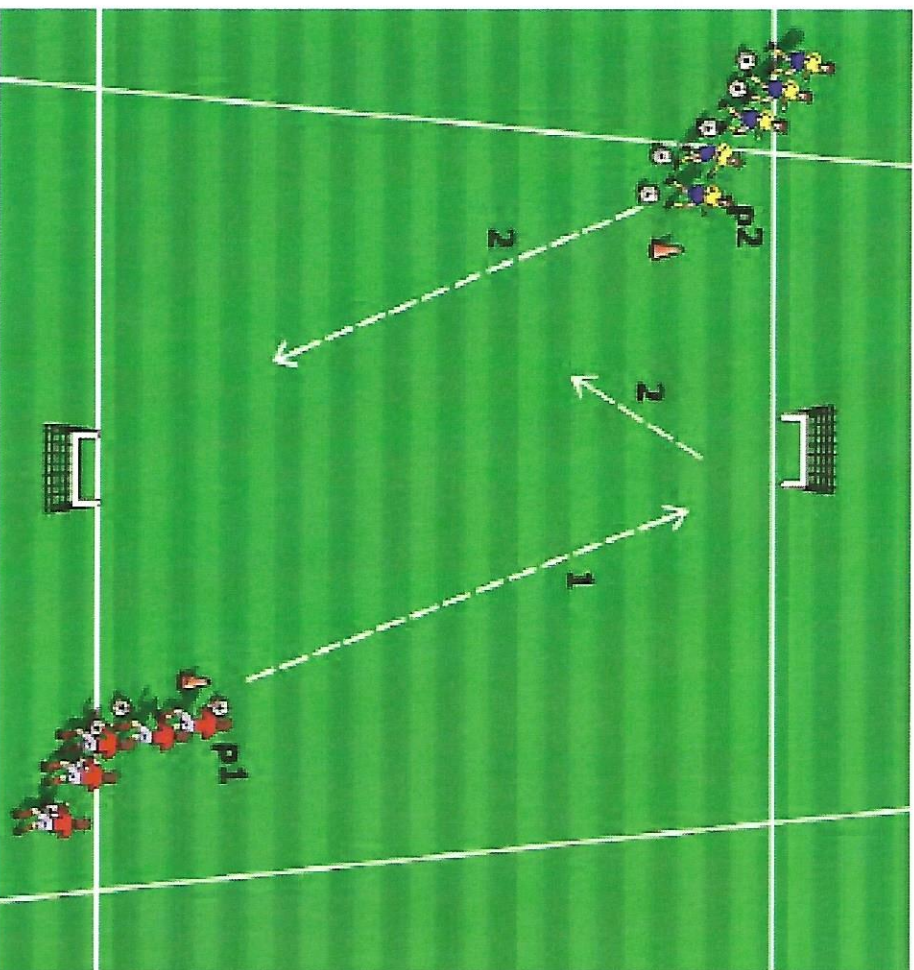
Instructions

P1 dribbles toward yellow's goal and has a shot. following the shot the yellow player can go towards the RED goal and tries to score.

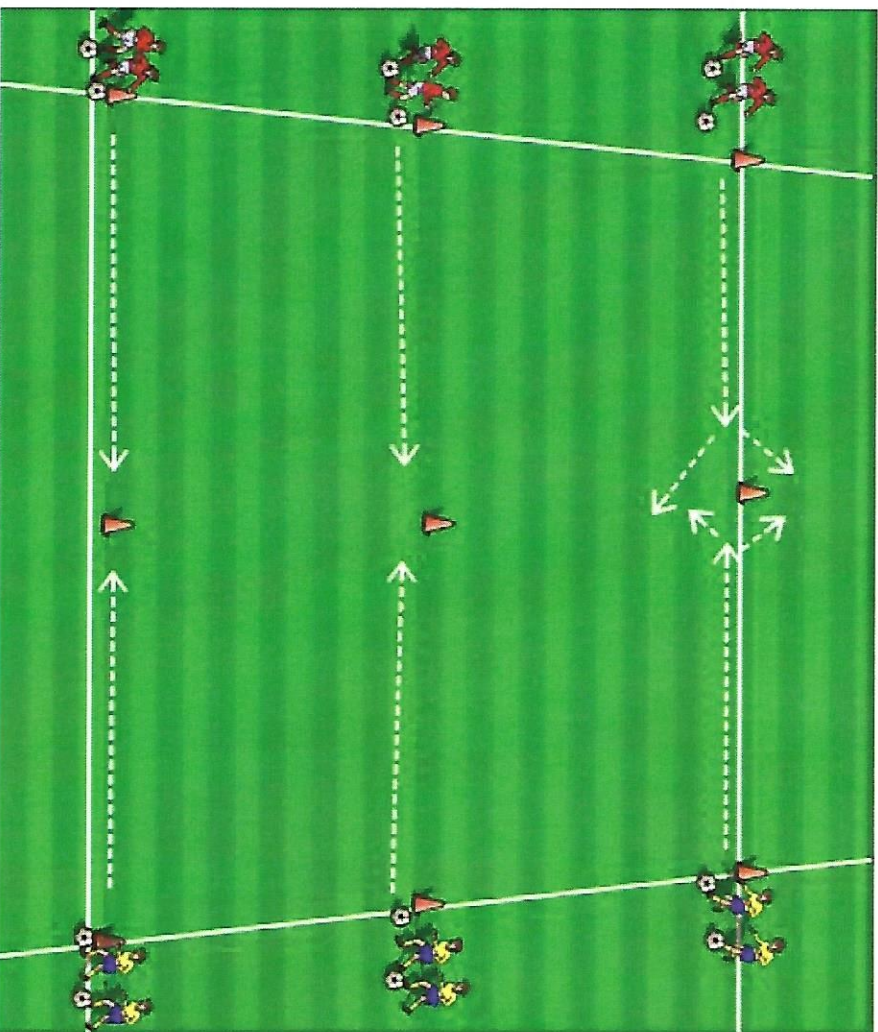
The RED player who took shot must get back and defend the goal and try to stop yellow from scoring or getting a shot off on goal.

Coaching Points

1. Head-up
2. Close control
3. Part of foot/ Part of ball
4. Every step is a touch
5. as few touches as possible
6. Accuracy v Power



1 V 1 ATTACKING



Setup:

7 x 15 yards

Players working in pairs

Each player with a ball

Place Pole or cone in the middle.

Instructions:

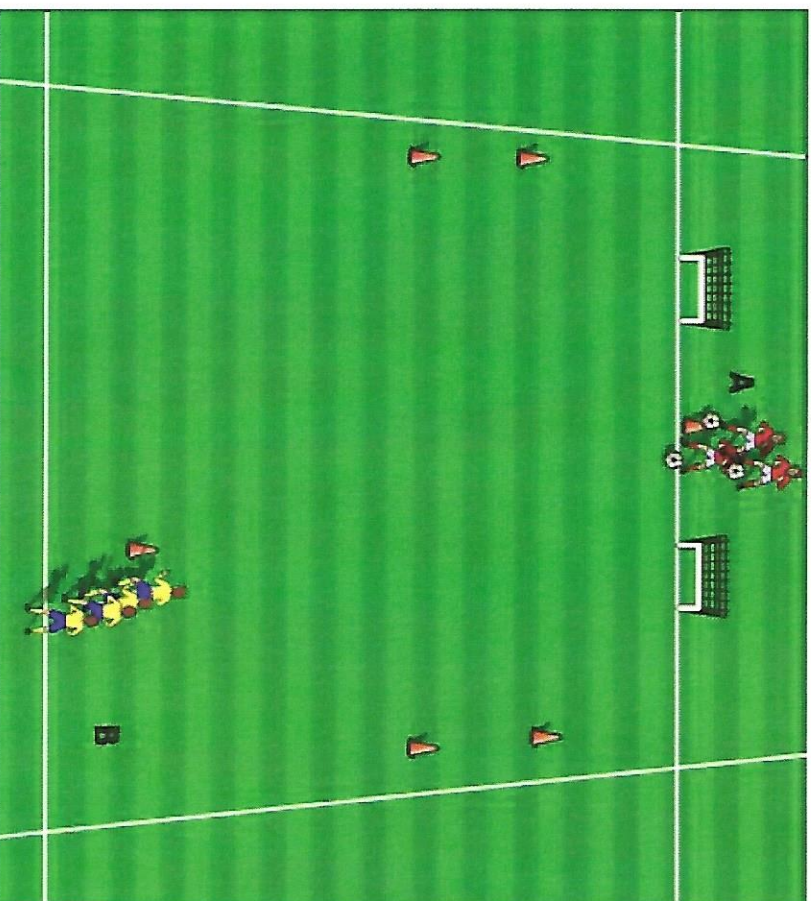
1. Two players meet at the middle cone and take a little touch/push to the side and then dribble to opposite side.
2. Two players dribble and meet at the middle cone and perform a Fake & Take and dribble to the opposite end, the next player in line would then repeat.
3. Now players run directly to middle and perform a scissor move. Sequence repeats.

Coaching Points:

1. Close control
2. Head-up
3. Change direction
4. Change of pace



1 V 1 ATTACKING



Setup:

Divide the players into 2 teams of equal numbers
Player A with all balls
Distance between A & B is 15-20 yards.
2 small pug goals or coned goals.

Instructions:

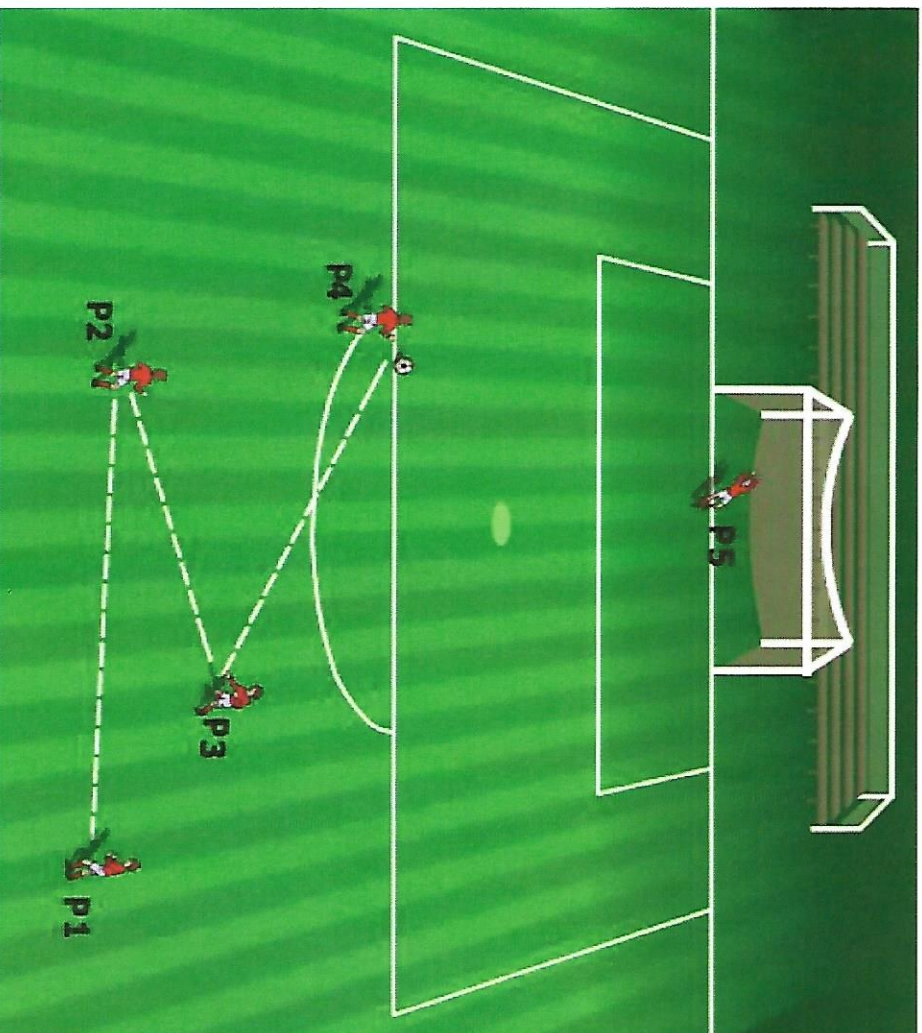
Player A with all balls start off as defenders and pass to player B. As soon as Player B receives the ball Player A runs out to defend.
Player B attack Player A and tries to score on either of the two mini goals.
If the defender Player A wins the ball they can score by dribbling or passing thru the counter side goals.
5 minutes then change the teams around.

Coaching Points:

1. First touch control
2. Close control
3. Head-up
4. Speed of approach
5. Attack defender straight on.
6. Change of direction
7. Change of pace
8. Creativity/ imagination



PASSING AND RECEIVING



Setup

Passing and Receiving

Players pass and follow their pass with a shot at the end

Instructions

P1 passes to P2, P1 follows the pass (sprint) and takes the position of P2

P2 receives the ball and then passes the ball to P3, follow the pass

P3 passes to P4 who takes a positive first touch towards goal and has a shot at goal.

P4 would then take the place of P5

P5 then goes to P1

Coaching Points

Part of foot/ Part of ball

Accuracy / weight of pass

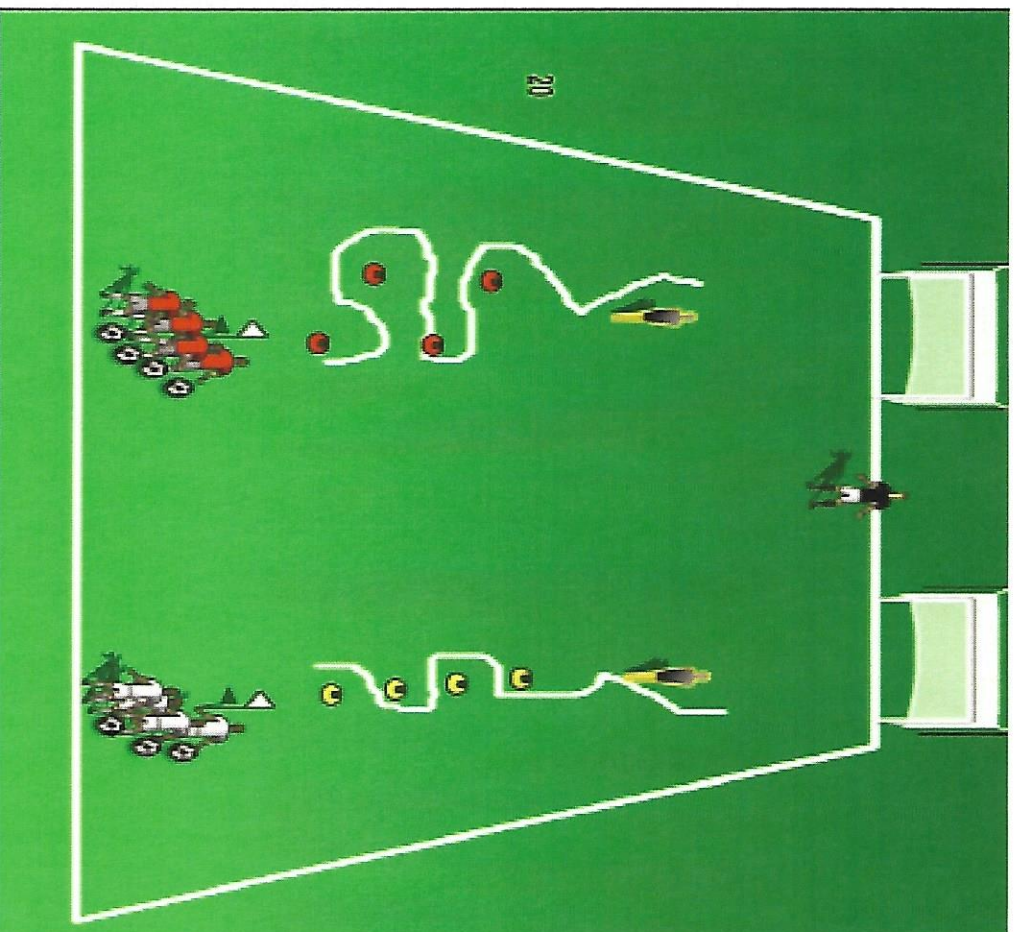
First Touch

Open up on first touch

Always on your toes (ready to receive pass)



BALL FAMILIARITY - DRIBBLING TO SHOOT



Setup:

-Divide players into two teams.

Instructions:

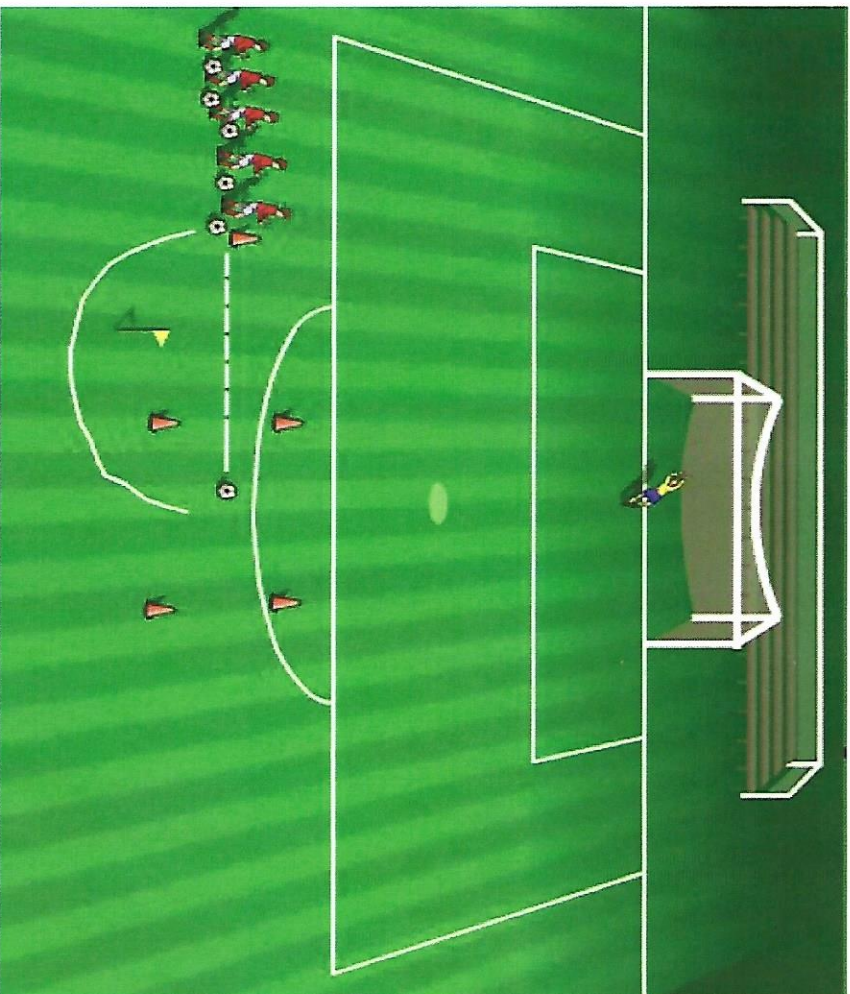
-Players dribble through the cones. When they get to maniken/cone, players take a touch with outside of foot and strike at empty goal. Players retrieve their ball and next player goes.

Coaching Points:

1. Close control
2. Head-up
3. Dribbling using inside and outside of foot
4. Preparation touch to shoot
5. Shooting at goal
6. Goal Celebrations



SHOOTING



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 your left foot to shoot

Coaching Points:

Weight and Accuracy of Pass

Change of pace

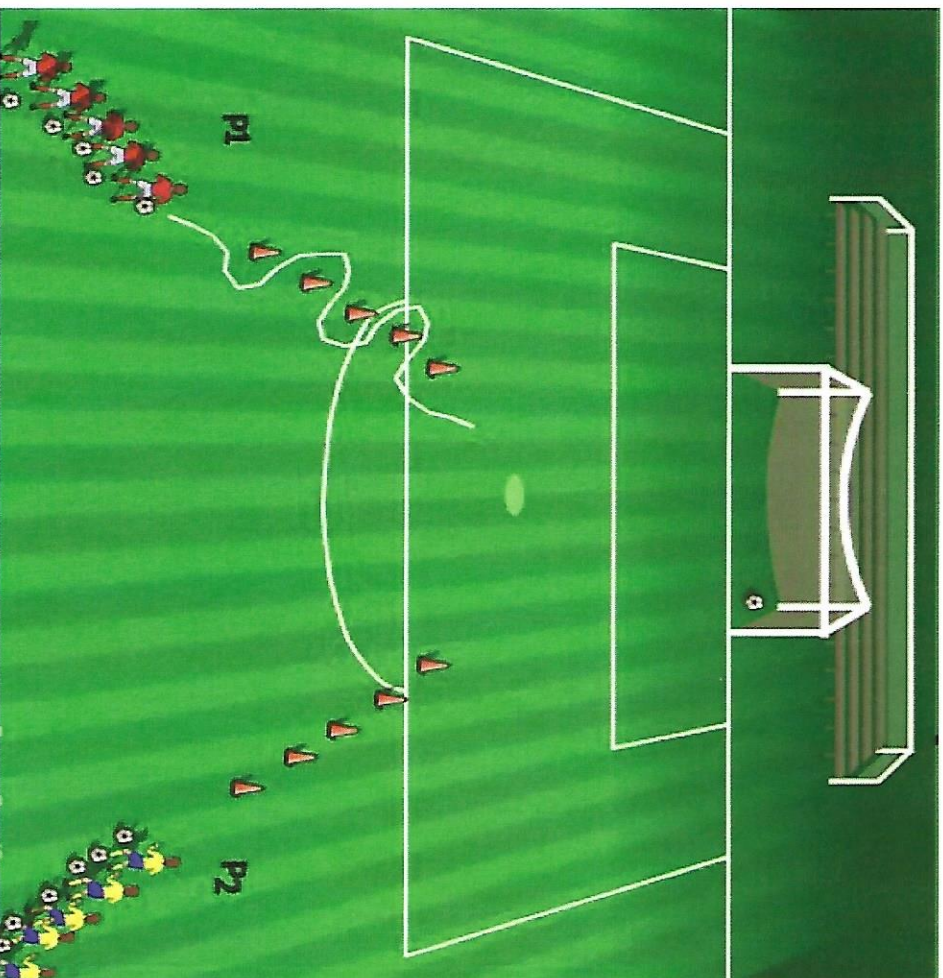
Part of Foot

Part of Ball

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



SHOOTING



Setup:

2 Groups of players
Cones
Balls

Instructions:

P1 and P2 dribble through cones and have a strike on goal with NO goal keeper
Progression - First player to score is given a point, most goals scored in a 2 minute span.
No points awarded for a goal if players miss cones during the dribble.

Coaching Points:

Close Control
Accuracy in shot
Part Foot Part Ball

