

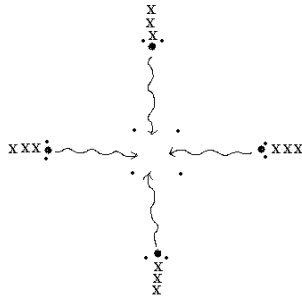
Practice - Ball handling

Introductions and Expectations

Warm ups - 10 - 15 mins ball movement - end with a run with the ball

All parts of the foot
turns
lift and trap (flip on top of foot, lift and trap)
juggling

Obstacle course - JOE Z.



Objectives:

Improve speed dribbling abilities and various turns (reversing direction)

Description:

Setup and Procedure: Mark a small square about 7 x 7 yards with cones. Mark four starting points around the small square and about 20 yards from it. Divide players into four groups and line-up at each starting point. One ball per group. Instruct players to dribble to square and then reverse direction once inside of the square. Dribble back to your line and give ball to next player in line. Work on different ways to reverse direction: inside of foot, outside foot, using sole and spin, etc.. After practicing a few different turns have races to see which team can go through each player twice first.

Objective:

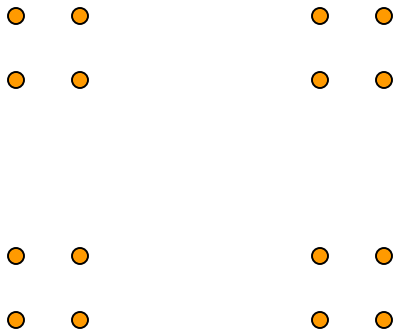
This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves. The practice can be used for players at all levels.

Instructions:



Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones (as in diagram). No player may cross over the imaginary line and the defender may not try to steal the ball.

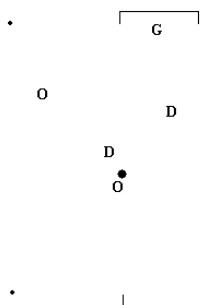
The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling players knee's should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times. The defensive player can prevent the dribbling player from scoring a goal by placing his foot in front of the cone the player is attacking. The defender may not tackle or cross over the imaginary line. Players should alternate every 3 minutes. Score should be kept to determine winner.



Drills - Progression

- Each have a ball and dribble square to square
 - call out how to stop the ball
 - call out a turn back to original square
 - opposites one group goes left, one right
- 3 v 1 in each square - 3 mins each one Team D and switch

Games



Setup: A 30 yard long soccer field with two 5-yard goals at each end. There is really no need to mark a width boundary but if you want to make it 20-25 yards.

Procedure: Regular soccer rules apply except for the following exceptions:

1. The team on defense must always have one player in goal and the goalkeeper is not allowed to come off the line. Therefore, if a team loses possession a designated player must immediately retreat to the goal.
2. When the defending team wins possession they must pass back to the goalkeeper before attacking.
3. Goals are scored by shooting the ball through the goal below the goalkeeper's shoulders.

6 v 6 with Pugs