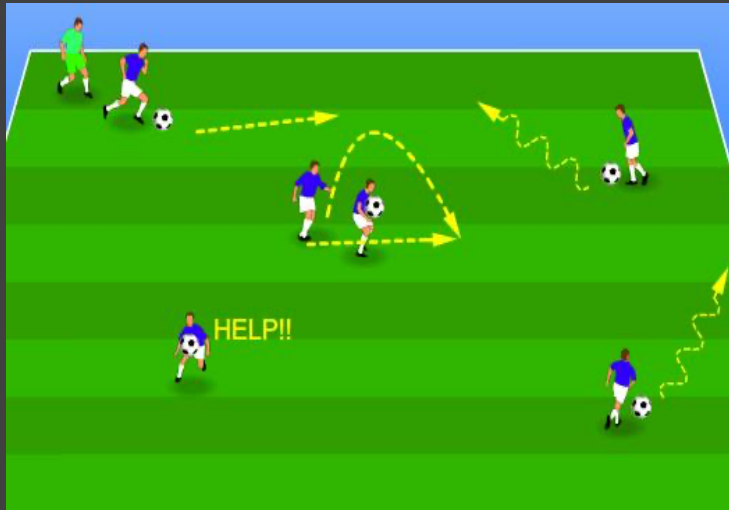


## Soccer Week #2

We continue to work on getting players touches on the ball to improve dribbling control (both for control in tight spaces and speed in open spaces)

### WARM-UP GAME: NUTMEG FREEZE TAG



**SETUP:** Every player with a ball, 25x25 yard grid.

**DRILL INSTRUCTIONS:** Select a couple players to be the taggers. Players attempt to avoid being tagged by the taggers. If a player is tagged, they are frozen. Frozen players pick up the ball in their hands, open up their legs wide, and call for "Help!" Frozen players can be unfrozen by players who dribble up to them and pass/dribble the ball thru their legs (a nutmeg). The taggers win if they can freeze all the players in a set amount of time (1-2 min.). Players win if at the end of time they have at least one player unfrozen. Play a few games – selecting different taggers each game. **PROGRESSION:** Taggers now touch the ball with their foot to freeze a player now (no longer a hand tag).

**COACHING POINTS:** Players should work together and try to unfreeze frozen players. When making a nutmeg, try to make it a very short pass or dribble. Keep your head up when dribbling to see

### SKILL TRAINING ACTIVITY: FOLLOW THE LEADER



**SETUP:** Every player w/ ball. Players in pairs. 25X25 yard grid

**DRILL INSTRUCTIONS:** Players are labeled A and B. Player A dribbles and tries to lose Player B. Go for about 30 seconds. Switch roles, player B leads now. **PROGRESSION:** 1) Insides only 2) R foot only 3) L foot only 4) Speed round (any surface). MAKE SURE TO TEACH THE KIDS WHAT IS RIGHT AND LEFT. When the coach yells "Stop!" if the follower is more than 5 yards from the leader they have 5 jumping jacks

**COACHING POINTS:** Try to be deceptive, make it tough for your partner to stay w/ you. Change directions often, accelerate after direction changes. Keep head up to avoid collisions

### FUNCTIONAL GAME: MLS SHOOTOUT



**SETUP:** All players w/ball. Starting cone 30 yards from goal.

**DRILL INSTRUCTIONS:** Coach counts down from 5. When coach starts counting, 1<sup>st</sup> player in line goes on a breakaway and must shoot before the time expires. After the player goes they get their ball and return to the back of the line. Can play a version w/ elimination if you want. Make sure players stay out of the middle on their way back to the line – this will keep the drill moving fast and prevent collisions.

**COACHING POINTS:** Dribble in a straight line towards goal. Use your laces for speed dribbling. When coach gets near 1 second left, shoot (try to get as close as possible in first 4 seconds). Close to goal, shoot for accuracy (inside). Far from goal, shoot for power (laces).