

SOCCER WEEK #3

PLAYING AT SPEED – PASSING AND DRIBBLING ON THE MOVE

WARM-UP GAME: COWS & COWBOYS

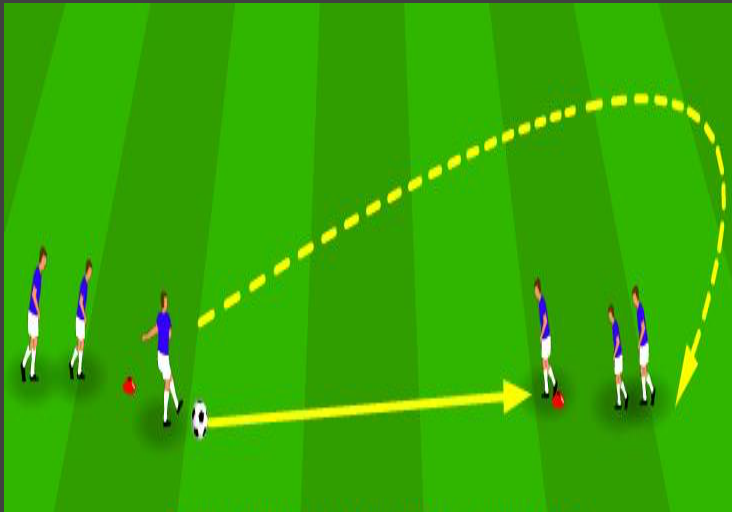


SETUP: 25x25 yard grid. Divide the group into two teams – half are cows (without a ball) and half are cowboys w/lasso (with a ball). Make an area for caught cows to sit.

DRILL INSTRUCTIONS: When coach says, “Go!” cowboys try to pass their ball and hit a cow (must be a pass on the ground). If a cow gets hit they are knocked out of the game. Time how long it takes for the cowboys to get all the cows, then the two teams switch roles and you can compare the times. Can play a few games.

COACHING POINTS: Inside foot passes. Use speed dribble to get close to the target. Make sure there is nobody between the passer and the target. Over-hit the passes. On the ground passes.

SKILL TRAINING ACTIVITY: SHUTTLE DRILL



SETUP: Groups of at least 3, one ball. Two cones placed 15 yards apart (½ players behind each cone).

DRILL INSTRUCTIONS: Half the players behind one cone and half behind the other. 1st player in line with the ball does the skill to the player in the other line, after this player goes then they go to the back of the other line. For example, the second exercise is speed dribbling, 1st player speed dribbles the ball to the first player in the other line and goes to the back of that line, player that was speed dribbled to then dribbles back to the new first player at the starting cone – continuous shuttle

Progression: 1) No Ball 2) Speed Dribble 3) Pass 4) Expanded distance pass

COACHING POINTS: If you have two groups doing this drill, after letting them practice the specific progression skill for a bit, make it a competition – see what group can get to 20 repetitions the fastest

FUNCTIONAL GAME: 2V0 TO GOAL



SETUP: Team divided in half, each half behind a starting cone that is 25 yards from goal – starting cones are 12 yards apart from each other.

DRILL INSTRUCTIONS: First person in each line is a pair. Coach passes a ball out to either of these two players. **Two players must complete 2 passes before they shoot on net.** After each pair goes, they return to the back of their line. **PROGRESSION:** 1. Have a clock countdown, where players must score a goal in less than 7 seconds and make the 2 passes 2. The coach is a defender, no passing requirement (passive defense) 3. Make a player a defender, no passing requirement (active defender)

COACHING POINTS: Stay spread out – when a defender is added if players do not spread out then it's easy to defend them. Try to keep momentum (and passes) moving forward in direction