

Date:

Topic:



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>With or without ball: All players should be moving, jumping, skipping and doing dynamic stretches on the cadence of the coach. Dynamic and ballistic stretches are preferred to static in the warm-up phase. Use props and other tools as available to make training interesting for the players. (optional) Team building activities during this phase help to create teamwork and an enjoyable atmosphere.</p> <p>Create groups according to ability for phase 2. Have grids and bolas ready for each group. Provide a water break between each phase.</p>		<ul style="list-style-type: none"> <li>➤ Rhythm</li> <li>➤ Crossing the center line (kicking left foot to right hand and right foot to left hand)</li> <li>➤ Dynamic movements (active not passive)</li> <li>➤ Group should be focused on the coaching commands. Give quick instructions to test for listening</li> </ul>
<p><b>Phase Two</b></p> <p>Set cones in lines with end cones (start and finish). Between cones places 5-8 slalom cones (space to skill level). Groups of 4-5 per grid. One player dribbling while others pass and receive. Alternate. (3 bolas) Pattern dribbling:</p> <ul style="list-style-type: none"> <li>➤ Same foot: 2 outside, 2 inside (alternate)</li> <li>➤ Alternating feet: 2 outside, 1 inside switch feet &amp; repeat</li> <li>➤ Alternating feet: 1 outside, 1 inside, switch feet &amp; repeat</li> <li>➤ Iniesta: Sole roll inside, push forward &amp; repeat</li> <li>➤ Repeat all using a size 4 or 5 soccer ball</li> </ul>		<ul style="list-style-type: none"> <li>➤ Balance: use arms, keep a wide base but keep feet under hips</li> <li>➤ Small steps to adjust</li> <li>➤ Small, controlled touches</li> <li>➤ Correct foot position (toe pointed down and knee up)</li> <li>➤ Correct point of contact between ball and foot</li> <li>➤ Strong core</li> <li>➤ Keep the ball under hips as much as possible</li> </ul>
<p><b>Phase Three</b></p> <p>Combine each grid into an obstacle course. Start all players at one line and release them one at a time so as to keep the players from overlapping. (Wait until player one gets thru 3-4 cones before releasing the next player. At the end of the slalom grids set a goal and a goalkeeper for shooting. If the player scores they can collect their ball and rejoin the line. If they miss they can become the next goalkeeper and the player in goal can join the line. You can assign patterns to each line or allow freestyle dribbling as needed.</p>		<ul style="list-style-type: none"> <li>➤ Same as above</li> <li>➤ Encourage variation between each line</li> <li>➤ Encourage both feet</li> <li>➤ Small preparation touches between lines</li> <li>➤ Encourage control over speed</li> </ul>
<p><b>Game Phase</b></p> <p>PLAY!</p>	<p><b>ORGANIZATION</b></p> <p>. 1v1, 2v2 to goal or gates</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>➤ Control, balance, change of speed,</li> </ul>