



**Force Soccer Academy**  
**Community Development Academy**  
**Curriculum Fall 2014**

**Powered By:**



**Weeks 3 & 4 – Dribbling and Changing Direction**





## Weekly Plan

At the start of every session, players should be taken through a dynamic movement warm up which develops movement patterns conducive to the movement required to play the game. This movement is crucial to the neuromuscular development of the individual players and allows players to retain more information during sessions (Muscle Memory). It also improves focus and work rate in players.

Each week, coaches should select at least 3 games lasting approximately 6-10 minutes. These games are listed below in terms of skill to be worked on, for example dribbling, Changing Direction, Passing etc.... Please feel free to choose the games which address the areas you feel your team needs.

Weeks 1 & 2 – Dribbling and Close Control

**Weeks 3 & 4 – Dribbling and Changing Direction**

Weeks 5 & 6 – Change of Direction and Passing

Weeks 7 & 8 – Passing and Receiving

Thank you for your commitment to the youth players in the community and your support of the Development Academy. You are enriching the lives of the young players each and every day.





### Dynamic movement Warm Up (10 mins)



Any type of dynamic movement in and sprint out. Use ladders, small hurdles and large orange cones to make it fun. This portion will always be completed by a Force Coach.



Dribbling and Changing Direction



## Dribbling and Change of Direction

### Activity 1 – Open Dribbling with Changes of Direction



Players dribble in the square keeping tight control of the ball. Coach can introduce different speeds of dribbling as well as just left/right foot, toe taps, pushing the ball side to side or rolling the ball left and right with the sole of the foot. (10mins)

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





## Activity 2 – Fast Food Game



Players dribble around the box with the ball under control. The coach selects the numbered boxes to be restaurants, Disney characters houses etc....

The players must dribble to the box when the coach shouts out that particular boxes name;

eg: 1. Subway 2. Wendys 3. Panera 4. Mcdonalds

The emphasis to the players is not to be last. The coach can progress by asking the players to visit 2 places, one after another.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





### Activity 3 – Wacky Races



Players complete a circuit, that is timed, then the groups have to race through that circuit for points. The coach will then set up a new circuit and repeat the process, 1-2-3-4.

The players must stop for a 5 second penalty if they hit a cone.

1st- 5 points

2nd- 4 points

3rd- 3 points

4th- 2 points

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





#### Activity 4 – Bumper Cars



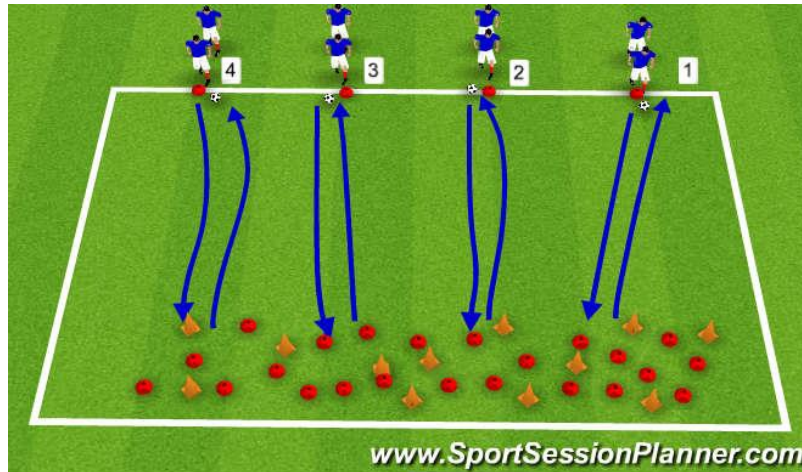
Players dribble in the square keeping tight control of the ball. Coach Can introduce different speeds of dribbling and players must change direction at the cones. The players are then given a set time to change direction at as many cones as they can but a point is deducted if they bump into another player or their ball bumps another player. Extra points are scored by passing the ball against a big cone with 1 touch after change of direction.

1. Soft touches on the ball.
2. Dribble using the laces.
3. Keep your head up to look for space
4. Use left and right foot.
5. Change direction away from pressure to find space.
6. Pass the ball with the inside of the foot.
7. Plant foot points toward the target.





### Activity 5 – Treasure Island (See next Page)



Players dribble down to collect the treasure, 1 player at a time and then must take the treasure back to their team of pirates before the next pirate can go and take a piece of treasure. Pirates can only take 1 piece at a time and get 1 point for a red piece and 5 point for a big piece. Coach can also use vests and assign points to different colors. Players can earn bonus points by passing the ball to knock a ball off of a cone. The game can also be played that the players must pass the ball and whatever treasure they hit is theirs to keep.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot. 5. Pass the ball with the inside of the foot. 6. Plant foot must face the target you are passing to.







### Activity 6 - Changing Direction Through the Gates



Players dribble in the square keeping tight control of the ball. The players dribble around the gates until the coach yells "GO" then the players have a set time to dribble through and change direction back through as many gates as they can in the time given. The coach then tells the players he is taking time off and the players must try and beat their score. There is no time taken off but it give the players a chance to work harder and show progress.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





### Activity 7 - North/South/East/West



Players dribble in the square keeping tight control of the ball. Coach Can introduce different speeds of dribbling but when the coach shouts out either North/South/East or West the player must drive to that side of the square and complete a change of direction. Pull Back, Inside Hook, Outside Hook. (10mins)

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot. 5. Awareness of what you are turning in to.

