Lakeville Soccer Club

2015 Spring Coaching Clinic

Matt Ebbighausen

Dribbling – Ball mastery

Dynamic Warm-up	Organization/Notes
Technical Warm-up / Ball Mastery	**20 x 20 Grid – All players with a ball** Players dribble freely in grid and listen to Coach's instruction. Players receive various instruction from Coach. Right foot only, left foot only, sole roles, laces, cuts, hooks, scissors, cruyff, step-over, v's, w's. Coaching points: Look ahead (not down), keep ball close, light on feet (off heels). Progression; Play "knockout" – Players try to get each other ball out of grid.
Small Sided Activity	**1 v 1 Fast Break** 15 x 15 grid with two goals. Two teams of players in two lines with two goals at the opposite end. Each player has a ball. In front of the goals is a 5 yard shooting line. **Instruction:** One team starts and dribbles to either goal. Once past 5 yard line shooting line, dribbler can shoot. Dribbler must immediately turn and play defense. Once Dribbler shoots, player on other team attacks. Play is over once dribbler loses ball or goes out of bounds, then next team goes and dribbler becomes defender. Play to 10, losing team has consequence. **Coaching Points:** Players need to attack with speed. Players work on change of speed, change of direction to beat defender.
Expanded Small Sided Activity	**6 Goal Attack** 30 x 30 grid with 3 goals and 5 yard shooting line in front of two opposite end lines. **Instruction:** Teams play 3 v3 in the middle of the 20 yards and can only score inside the shooting zone in front of their opponent's goal. A player from each team plays behind their team's goal line. The player acts as a GK, so that if they are standing behind any goal the opponents cannot score in it. Inside players can pass to their GK but must change roles with them. When goal is scored the GK behind the goal changes with an inside player. Coaching Points: Try to make fast breaks

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MATCH	
	Free Play No restrictions.