

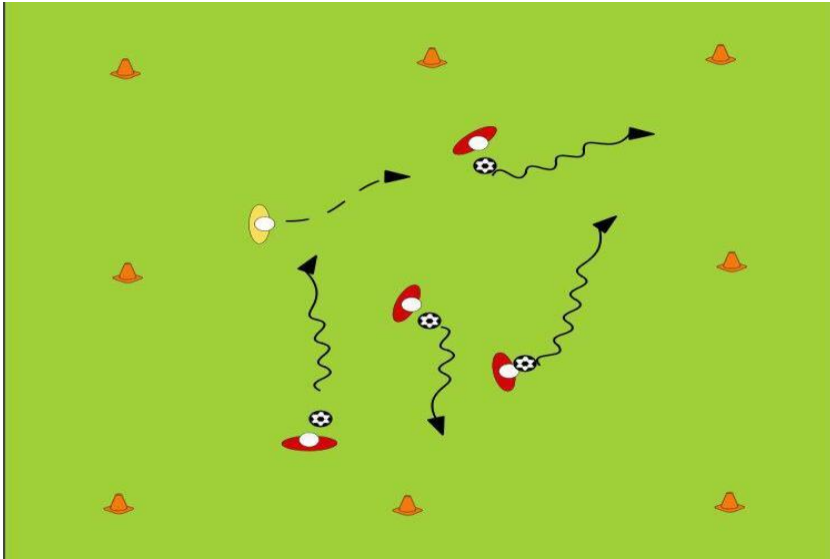


UK International Soccer



WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 1

DRILL 1: STUCK IN THE MUD



ORGANIZATION:

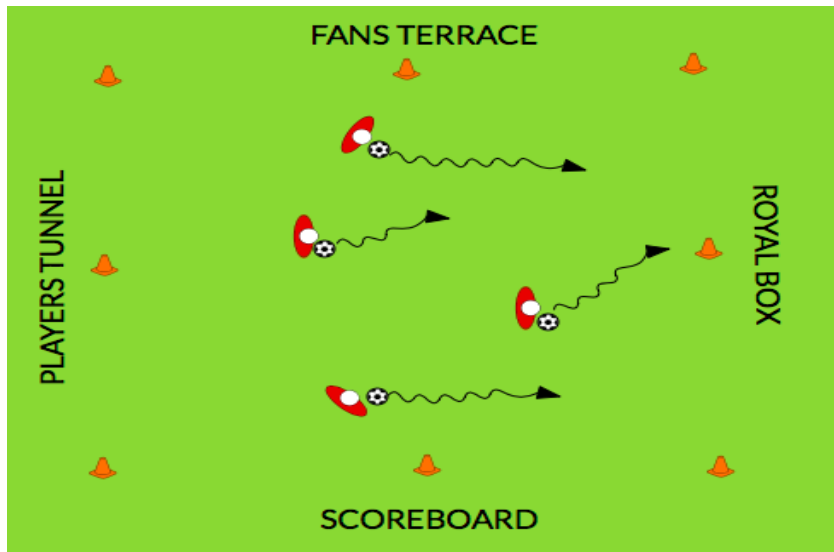
SET OUT A 20 X 20 GRID. ALL THE PLAYERS HAVE A BALL. ONE PLAYER IS DESIGNATED THE TAGGER AND SHOULD STAND WAITING ON THE OUTSIDE OF THE GRID, WHILE THE GROUP OF PLAYERS POSITION THEMSELVES IN A SPACE WITHIN THE GRID. THE TAGGER MUST ATTEMPT TO TAG ALL THE PLAYERS INSIDE THE GRID WHILE MAINTAINING CONTROL OF THEIR OWN BALLS. WHEN A PLAYER IS CAUGHT THEY MUST PICK UP THEIR BALL AND SHOUT FOR HELP. THEY CAN BE FREED BY ANOTHER PLAYER IF A BALL IS PASSED BETWEEN THEIR LEGS. PUT A TIME LIMIT ON THE GAME. THE WINNING TEAM ARE THE TAGGERS WHO CAN FREEZE EVERYONE IN THE QUICKEST TIME. ROTATE THE INSIDE PLAYERS EVERY 2-3 MINUTES.

*** COACH SHOULD BE THE TAGGER FIRST TO ENCOURAGE ENGAGEMENT BETWEEN THE COACH AND PLAYERS. ***

COACHING POINTS:

- 1: CLOSE CONTROL AND BALL FAMILIARITY - KEEP THE SOCCER BALL CLOSE TO YOU
- 2: HEAD UP AS OFTEN AS POSSIBLE - KNOW WHERE THE DEFENDERS ARE AND WHERE THE GOALS ARE
- 3: AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS

DRILL 2: WEMBLEY



ORGANIZATION:

SET OUT A 30 X 30 YARD PLAYING AREA. EACH PLAYER MUST HAVE A BALL AT E.G., WEMBLEY, AND HAS 4 SIDES THAT CAN BE NAMED: SCOREBOARD END, FANS TERRACE, ROYAL BOX, AND PLAYERS TUNNEL. ON THIS COMMAND ALL THE PLAYERS GET THERE AS QUICK AS POSSIBLE.

PROGRESSION:

- AT EACH SIDELINE THE PLAYERS PERFORM A SPECIFIC ACTION.
- SCOREBOARD END - CELEBRATE LIKE THEIR TEAM HAVE SCORED A GOAL.
 - ROYAL BOX - CURTSY TO THE QUEEN.
 - FANS TERRACE - JUMP AROUND LIKE A CELEBRATING SOCCER FAN.
 - PLAYERS TUNNEL - HAND ACROSS YOUR CHEST FOR NATIONAL ANTHEM

COACHING POINTS:

- 1: ENCOURAGE THE PLAYERS TO KEEP THE BALL CLOSE TO THEM AND CHANGE DIRECTIONS QUICKLY
- 2: KEEP HEAD UP AS OFTEN AS POSSIBLE
- 3: ENCOURAGE PLAYERS TO USE BOTH FEET