

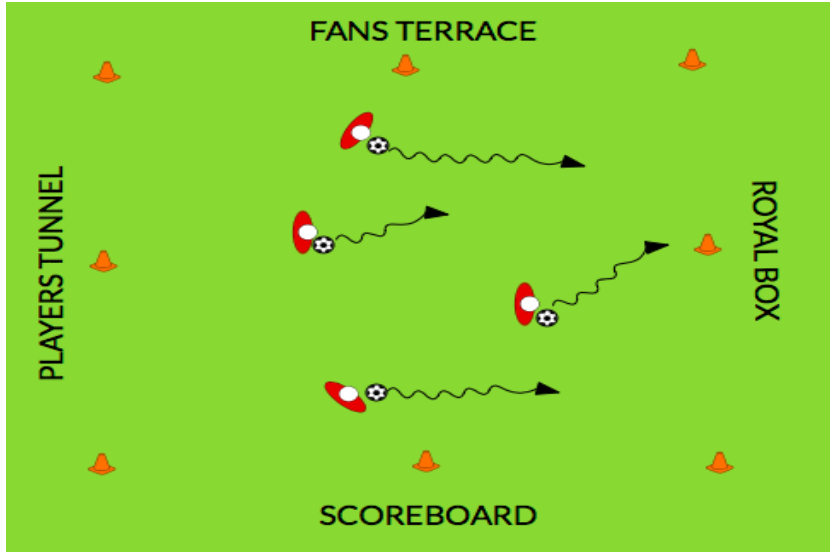


UK International Soccer



WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 2

DRILL 1: WEMBLEY



ORGANIZATION:

SET OUT A 30 X 30 YARD PLAYING AREA. EACH PLAYER MUST HAVE A BALL AND STARTS BY STANDING ON ONE SIDE OF THE GRID. THE GRID IS A STADIUM, E.G., WEMBLEY, AND HAS 4 SIDES THAT CAN BE NAMED: SCOREBOARD END, ROYAL BOX, PLAYERS TUNNEL AND FANS TERRACE. THE COACH SHOUTS A SPECIFIC SIDELINE NAME, I.E., SCOREBOARD END. ON THIS COMMAND ALL THE PLAYERS MUST TURN AND DRIBBLE TOWARDS THE SIDELINE CALLED AND GET THERE AS QUICK AS POSSIBLE.

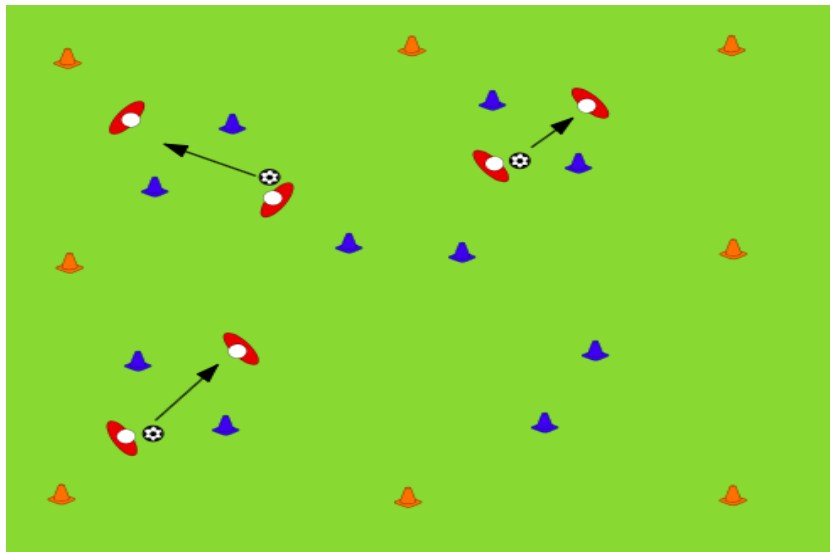
PROGRESSION:

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

DRILL 2: GATE BALL



ORGANIZATION:

SET OUT A 30X20 PLAYING AREA. HAVE PLAYERS SPREAD OUT AND SPLIT PLAYERS INTO PAIRS WITH ONE BALL FOR EACH PAIR. PLACE CONES INSIDE THE GRID MAKING SMALL GOALS, MAKE SURE YOU HAVE MORE GOALS THAN PAIRS. EACH PAIR COUNTS HOW MANY GOALS THEY CAN SCORE BY PASSING THE BALL THROUGH THE GOAL TO THEIR PARTNER. AFTER EACH GOAL, THE PAIR MUST MOVE TO ANOTHER GOAL TO SCORE AGAIN.

PROGRESSION:

PROGRESS THIS EXERCISE BY USING A TIME LIMIT. AFTER EACH TIME, ASK PLAYERS TO BEAT THEIR PREVIOUS SCORE BY MOVING FASTER, USING BETTER SKILL AND BETTER COMMUNICATION TO SCORE MORE GOALS IN THE SAME TIME LIMIT

COACHING POINTS:

- 1: USE OF CONTROLLING SURFACES (FOOT, THIGH, CHEST) DO NOT JUST USE ANY PART OF THE BODY
- 2: GOOD QUALITY PASSES WILL HELP INCREASE SPEED OF PLAY.