

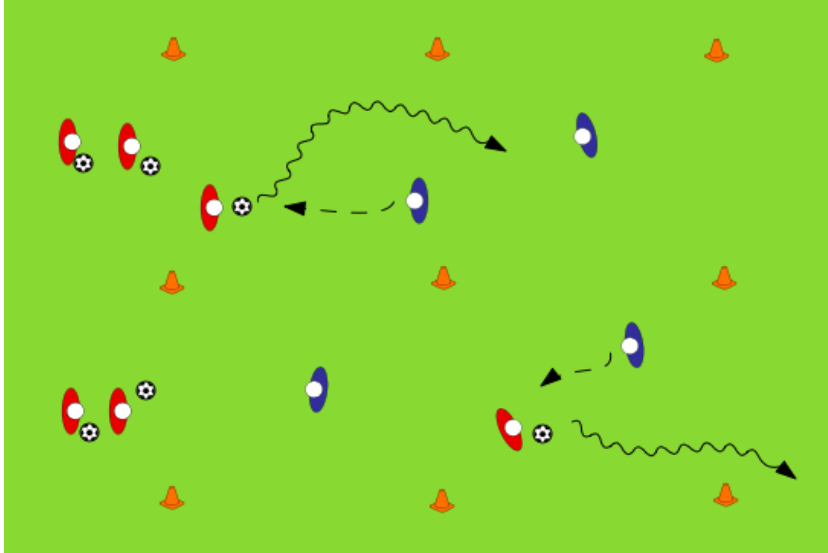


UK International Soccer

WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 4



DRILL 1: GATE BALL



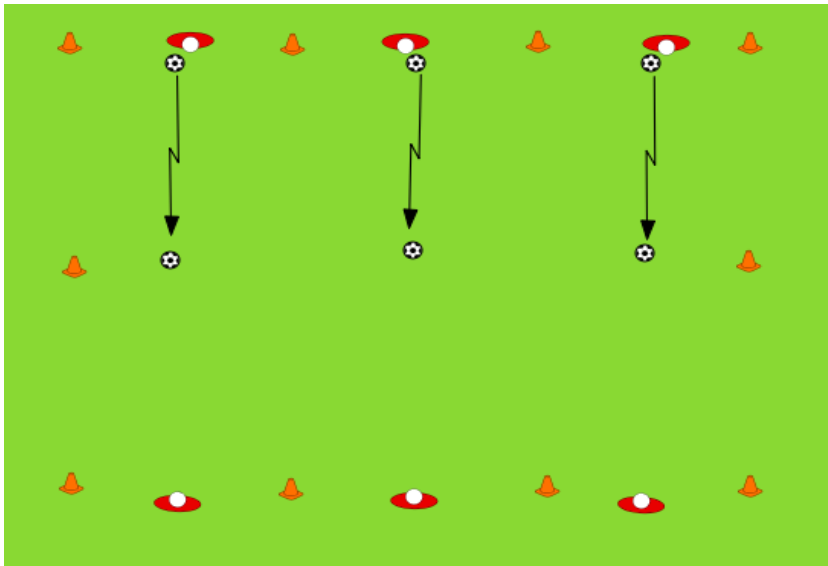
ORGANIZATION:

SET OUT AN AREA 10 X 30 YARDS, DIVIDED INTO 3 SECTIONS, WITH A SMALL GOAL AT THE END. THE ATTACKERS ATTEMPT TO DRIBBLE AROUND 1/2 DEFENDERS AND THEN SCORE IN THE GOAL. (ADAPT NUMBER OF DEFENDERS ON THE PLAYERS LEVEL). THE DEFENDERS ARE POSITIONED ALONG THE BACK LINE OF THE GRIDS. THE DEFENDERS ARE ONLY ALLOWED TO MOVE SIDWAYS (BETWEEN THE CONES) AND CANNOT MOVE FORWARDS. THE ATTACKERS RECEIVE POINTS DEPENDING ON HOW SUCCESSFUL THEY ARE - 1 POINT FOR EACH DEFENDER THEY BEAT AND 1 POINT FOR SCORING A GOAL. KEEPING THE SCORES WILL INCREASE THE LEVEL OF COMPETITION AND ENCOURAGE A POSITIVE ATTITUDE TOWARDS GOAL. REMEMBER TO ROTATE THE DEFENDERS.

COACHING POINTS:

- 1: KEEP HEAD UP TO SEE WHERE THE DEFENDER IS.
- 2: CLOSE CONTROL WHEN APPROACHING DEFENDER.
- 3: USE A BOTH FEET, INSIDE, OUTSIDE AND LACES TO MOVE WITH THE BALL.
- 4: POSITIVE ATTITUDE TO BEAT THE DEFENDER. TELL THE PLAYERS TO RUN FAST TO GET PAST THEM.

DRILL 2: COCONUT SHY



ORGANIZATION:

30X20 PLAYING AREA. PLAYERS PLAY IN PAIRS AND ARE PLACED 18 YARDS APART (DEPENDING ON AGE). BETWEEN THE PLAYERS IS A CONE WITH A BALL ON TOP (COCONUT). THE PLAYERS TAKE TURNS TO STRIKE THE BALL AT THE COCONUT TRYING TO KNOCK IT OFF THE CONE.

PROGRESSION:

AFTER PLAYER KNOCKS BALL OFF 3 TIMES CONSECUTIVELY THEY TAKE TWO STEPS FURTHER BACK.

COACHING POINTS:

- 1: APPROACH TO THE BALL - LINE UP WITH WHERE THE BALL IS GOING
- 2: USE THE INSIDE OF THE FOOT AND FOLLOW THROUGH ON PASS
- 3: FOCUS ON WEIGHT AND ACCURACY OF PASS, BOTH ARE VERY IMPORTANT