

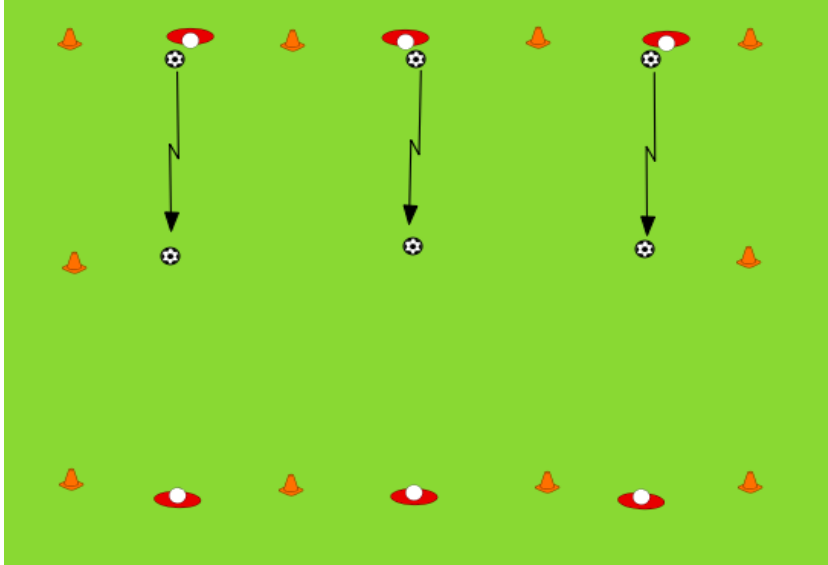


UK International Soccer



WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 5

DRILL 1: 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.

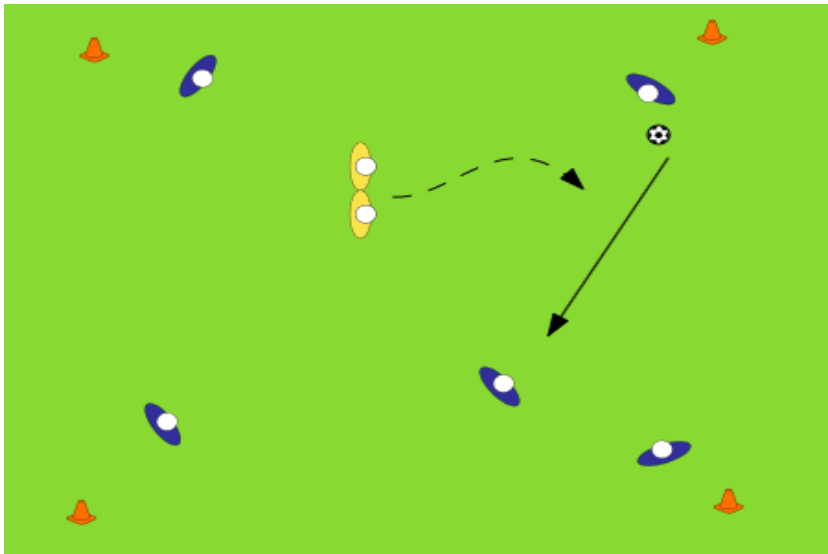
PROGRESSION:

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

DRILL 2: 2 HEADED MONSTER



ORGANIZATION:

USE A 20X20 AREA AND MAKE A GOAL ON EACH SIDE OF THE GRID WITH FLAGS OR CONES. SPLIT YOUR TEAM INTO GROUPS OF 6 PLAYERS MAKING 4 ATTACKERS AND 2 DEFENDERS. THE DEFENDERS (2 HEADED MONSTER) MUST HOLD HANDS OR LINK ARMS WHILE CHASING THE ATTACKERS. THE ATTACKERS MUST MAKE 5 CONSECUTIVE PASSES INSIDE THE AREA BEFORE THEY CAN DRIBBLE THROUGH A GOAL TO SCORE. IF THE 2 DEFENDERS WIN THE BALL THEY MAY BREAK THEIR LINK AND ATTEMPT TO SCORE IN ANY OF THE 4 GOALS.

PROGRESSION:

TO PROGRESS THIS EXERCISE - DEFENDERS CAN BREAK THEIR LINK AND THUS HAVE MORE DEFENDERS.

COACHING POINTS:

- 1: MAKE SIMPLE PASSING AND CONTROL LOOK EASY - CONCENTRATION
- 2: TEAM MATES NEED TO CREATE PASSING OPTIONS USING WIDTH AND DEPTH ON THE FIELD AWAY FROM DEFENDERS
- 3: CORRECT PASSING TECHNIQUE IS IMPORTANT FOR ACCURACY AND WEIGHT OF EACH PASS.
- 4: PLAYERS HAVE TO MAKE THE CORRECT OPTION, DO NOT PASS TO SOMEBODY WHO HAS LIMITED TIME.