

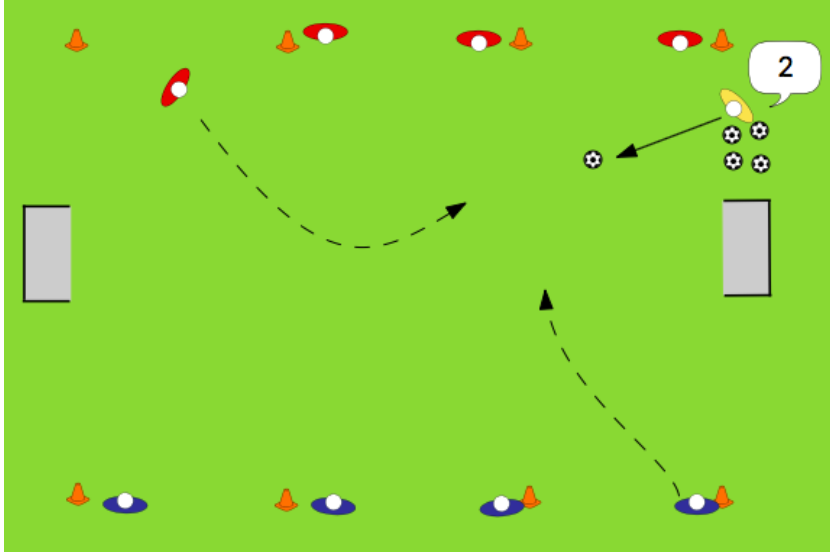


UK International Soccer



WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 7

DRILL 1: NUMBERS



ORGANIZATION:

MARK OUT TWO GOALS FACING EACH OTHER ON A PITCH APPROXIMATELY 30 X 30 YARDS. THE GROUP IS SPLIT INTO TWO TEAMS AND EACH PLAYER ON THE TEAM IS GIVEN A NUMBER. THE PLAYERS ARE POSITIONED ON THE SIDELINES FACING EACH OTHER. THE PLAYERS SHOULD SPREAD OUT ALONG THE LINE. THE COACH STANDS IN A POSITION WHERE HE CAN FEED BALLS INTO THE GRID. THE COACH CALLS OUT A NUMBER. IF THE COACH CALLS OUT THE NUMBER 1, THE NUMBERS 1S FROM EACH TEAM RUN INTO THE MIDDLE TO COMPETE 1V1 AND TRY TO SCORE ON THEIR DESIGNATED GOAL. PROGRESS THE EXERCISE BY ALLOWING THE PLAYERS TO USE THEIR TEAM MATES ON THE SIDE TO PLAY A WALL PASS.

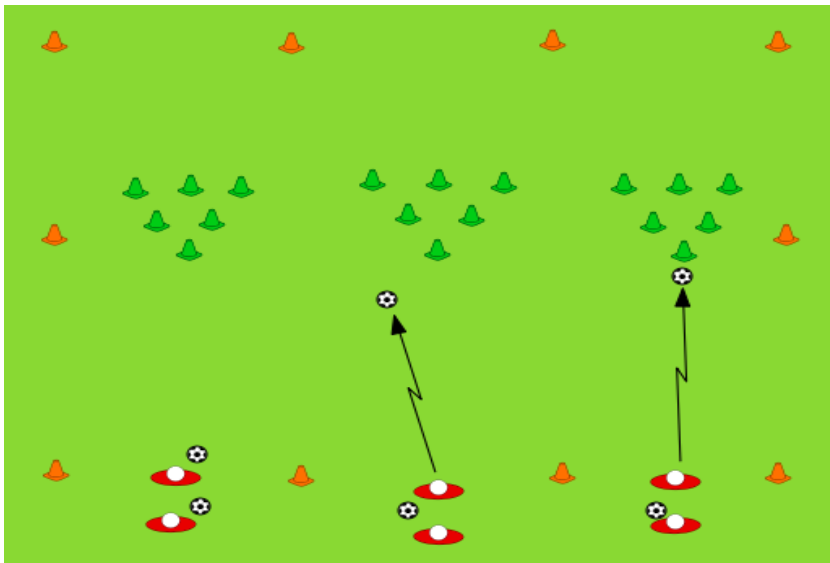
PROGRESSION:

COACH SHOUTS 2 NUMBERS AND THE PLAYERS PLAY 2V2 AND MUST PASS THE BALL ONCE BEFORE SCORING.

COACHING POINTS:

- 1: READ THE SERVICE AND MOVE INTO LINE WITH THE BALL
- 2: SELECT CONTROLLING SURFACE EARLY AND ADJUST BODY ACCORDINGLY
- 3: IF DEFENDER IS TIGHT CONTROL AND PROTECT THE BALL

DRILL 2: SOCCER BOWLING



ORGANIZATION:

SET OUT A 30X30 PLAYING AREA. CREATE TEAMS OF 2-4 PLAYERS. PLACE 6 CONES TOGETHER 5-15 YARDS AWAY FROM THE PLAYERS DEPENDING ON THEIR ABILITY. INCREASE THE DISTANCE AS PLAYER'S PROGRESS. EACH TEAM TRIES TO KNOCK ALL THEIR CONES OVER BY PLAYERS TAKING TURNS TO PASS A BALL AT THE CONES. AFTER EACH PASS THE PLAYER MUST RETRIEVE THE BALL AND DRIBBLE IT BACK TO THEIR LINE FOR THE NEXT PLAYER TO TAKE THEIR TURN. THE FIRST TEAM TO KNOCK ALL THE CONES DOWN ARE THE WINNERS.

COACHING POINTS:

- 1: ABCS OF FINISHING: ADJUST BODY SHAPE IN LINE WITH THE BALL AND GOAL
- 2: ACCURACY AND TECHNIQUE OVER POWER, AIM FOR THE CORNERS OF THE GOAL.
- 3: DEVELOP THE ACCURACY USING BOTH FEET BEFORE IMPROVING THE POWER OF THE STRIKE
- 4: STRIKE THE BALL WITH THE LACES.