

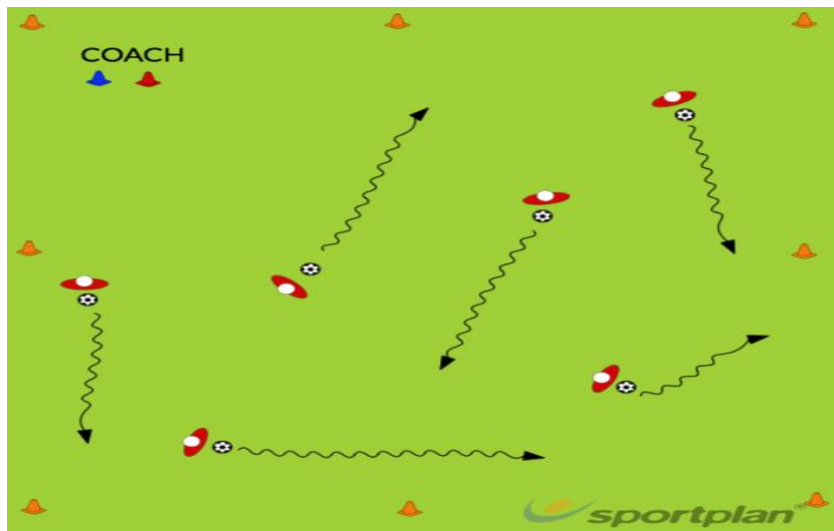


# UK International Soccer



## WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 1

### DRILL 1: COLORED CONES



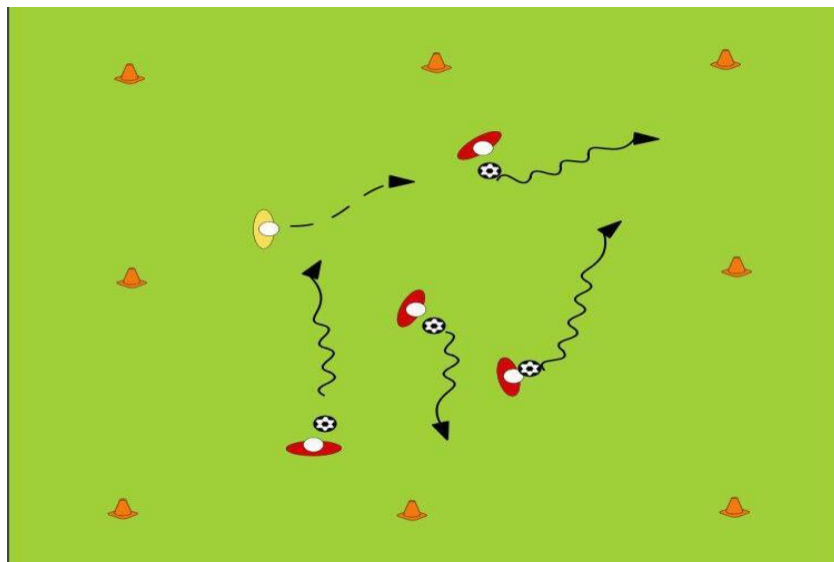
#### ORGANIZATION:

SET OUT A 40 X 40 YARDS PLAYING AREA. ALL PLAYERS HAVE A BALL EACH AND ARE TO DRIBBLE AROUND THE AREA. THE OBJECT OF THE GAME IS TO WATCH THE COACH AS HE MAY HOLD UP A COLORED CONE. IF HE HOLDS UP A BLUE CONE THE PLAYERS MUST DRIBBLE ONLY USING THEIR RIGHT FOOT AND IF A RED CONE IS HELD UP THE PLAYERS MUST USE JUST THEIR LEFT FOOT. PLAYERS MUST NOT BE LOOKING AT JUST THE BALL, THEY MUST DRIBBLE WITH THEIR HEADS UP.

#### COACHING POINTS:

- 1: ENCOURAGE PLAYERS TO KEEP THE BALL CLOSE AND CHANGE DIRECTIONS QUICKLY
- 2: KEEP HEAD UP AS OFTEN AS POSSIBLE AND LOOK FOR THE COACH
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT PARTS OF THEIR FEET
4. PRACTICE PRACTICE PRACTICE

### DRILL 2: 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