



UK International Soccer



SESSION TOPIC: PASSING WEEK 6

DRILL 1: ALLIGATOR ALLY

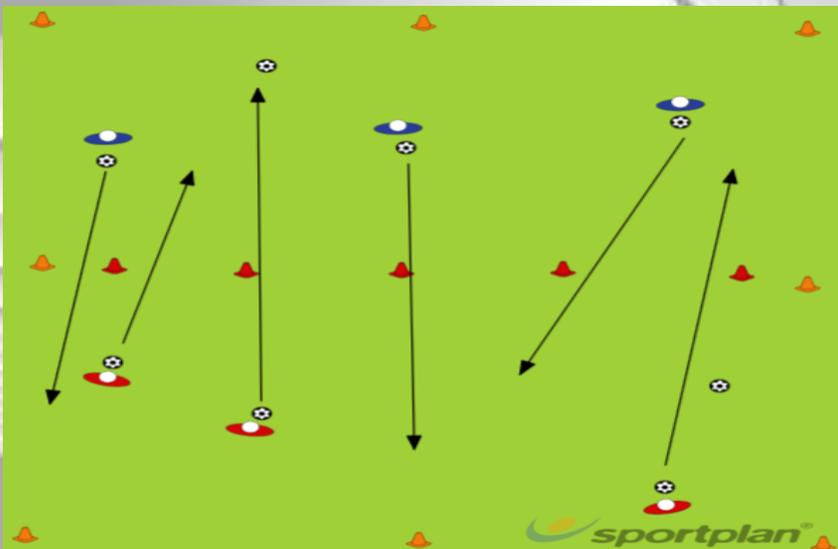


ORGANIZATION: SET OUT A 30X30 YARD AREA. PLAYER 1 IS A CROCODILE HUNTER (OFFENSE) WHO STARTS ON A SAFARI WITH THE BALL ATTEMPTING TO SCORE IN THE GOAL. PLAYER 2 STARTS AS AN ALLIGATOR (DEFENDER) IN THE MIDDLE OF THE EVERGLADES ATTEMPTING TO STOP THE SHOT AND FORCE THE BALL/PLAYER AWAY FROM THE GOAL. PLAYER 3 (GK) IS HE SWAMP DWELLER PROTECTING THE GOAL. PLAYER 1 MUST DRIBBLE TOWARDS THE GOAL USING SKILLS TO BEAT THE DEFENDER AND SCORE IN THE GOAL. ONCE THE ATTACKER HAS EITHER HAD THEIR SHOT OR THE DEFENDER HAS WON THE BALL, THE ATTACKER THEN BECOMES THE DEFENDER. THE DEFENDER GOES BACK TO THE ATTACKER'S LINE. ASK THE DEFENDER TO START AT HALF SPEED TO ALLOW THE ATTACKER TO GET SUCCESS TO BEGIN.

COACHING POINTS:

1. ABCS OF FINISHING: ADJUST BODY, BASIC TECHNIQUE, CLEVERNESS – INVENTIVENESS TO GET THE BALL PAST THE GK
2. SHOOT ON SIGHT
3. ACCURACY BEFORE POWER
4. BE POSITIVE
5. ANTICIPATE FOR REBOUNDS

DRILL 2: TIDY YOUR ROOM/SCOOBY DOO



ORGANIZATION: SET UP A 40X40 PLAYING AREA. DIVIDE THE AREA INTO TWO EQUAL HALVES WITH A CENTER DIVIDING LINE AND STATION ONE TEAM IN EACH HALF. EACH PLAYER STARTS WITH A BALL. THE OBJECT OF THE GAME IS FOR EACH TEAM TO FINISH WITH AS MANY BALLS AS POSSIBLE IN THEIR OPPONENT'S HALF. ANY BALL KICKED TOO HARD MUST BE BOUGHT BACK TO THE PLAYER WHO KICKED ITS HALF. WHEN THE COACH BLOWS THE WHISTLE, PLAYERS MUST STOP PASSING AND THE TEAM WITH THE LEAST BALLS ON THEIR SIDE WINS. ANY BALLS OUTSIDE THE AREA DO NOT COUNT.

COACHING POINTS:

1. APPROACH TO THE BALL – LINE UP WITH WHERE THE BALL IS GOING
2. TYPE OF PASS – INSIDE PUSH PASS OR DRIVEN PASS
3. INSIDE PUSH PASS – MAKE L SHAPE WITH NON-KICKING FOOT BEING NEXT TO THE BALL AND KICKING FOOT COMING THROUGH AS AN “L”
4. FOLLOW THROUGH ON PASS AND USE BODY TO GENERATE POWER
5. FOCUS ON WEIGHT AND ACCURACY, BOTH ARE IMPORTANT