

2023 SPRING INSTRUCTIONAL PART B

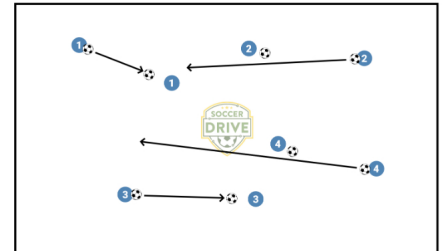
Friday, May 5th, 2023

Soccer Marbles

Players Required: 2

Set Up:

- Players are in pairs, each with a ball.
- The game starts with partners facing each other about 3yds apart. Decide which partner gets to go first.
- The first player kicks tries to hit the other person's ball ("marble") with his pass. If contact is made, that player gets a point. If they miss, then they don't. Both players must wait until both balls stop moving before the other player takes their turn. Players may not stop the rolling balls.
- Players only get one touch on the ball during their turn. They have to pass the ball from where it stopped.
- Switch partners after each round and play again.



Coaching Points:

- Square hips towards target, and use the inside of foot for more accuracy.

Progressions:

- Challenge players to only use their non-dominant foot.

Call Your Number

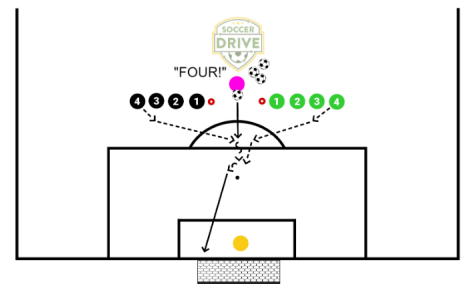
Players Required: 10-16

Set Up:

The two teams line up next to the Feeder, about 25 yards from goal. Each player is assigned a number. The Feeder calls out a number and then plays the ball onto the field. The players that the Feeder called try to win the ball and finish on goal. When a defender wins the ball, he then becomes the attacker. Play continues until the ball is scored or put out of play. Upon completion, the players return to their line and a new number is called.

Progressions:

1. As a variation, the coach can call out two or three numbers to turn the drill into a 2 vs 2 or 3 vs 3 game.

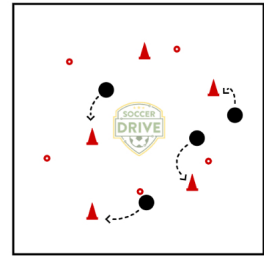


The Network - Athletic Movements Soccer Drill

Players Required: 4

Set Up:

- Place 5 cones, and 5 pennies on ground spread out around grid.
- Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can:
 - a) touch hand to cones/pennies. b) touch foot to cones/pennies c) two-footed jump over cones/pennies d) Make up new combinations. Think of gross motor movements, and make more complicated with each progression.



Coaching Points:

- Introduce different types of turns using different surfaces of the feet: Inside/outside/bottom
- Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.
- Use peripheral vision while dribbling to see where you want to go next.

Progressions:

- Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.

Changing Direction

Players Required: 4

Set Up:

This drill focuses on dribbling in tight spaces and quickly changing directions. Setup 4 cones about 15 yards apart. Each player will dribble around the space avoiding the other players. Every 8-10 seconds the coach needs to blow his/her whistle and the players will change direction and accelerate for 2 touches. Players need to keep their heads up and maintain control of the ball and avoid other players.

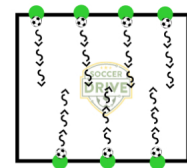


Dribbling Through Each Other

Players Required: 7

Set Up:

Set up a small grid with 4 players on one side of the grid and 3 players on the other. All of the players will have a ball. At the whistle, they will dribble to the other side, turn around and dribble back. Make sure they are practicing dribbling with their head up so they can avoid contact with the other players.

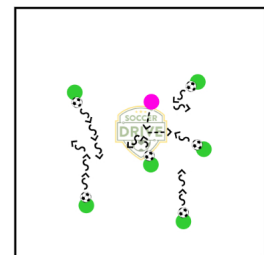


Freeze Tag

Players Required: 6-8

Set Up:

- Every player has a ball inside of the grid. The coach(es) are it and try to tag the players who must keep control of their ball. If a player gets tagged, they have to touch the ball with the bottom of their foot (alternating) six times before they can start playing again. Play for 30-45 seconds, make a coaching point, and then restart game. Play many rounds. If a player dribbles their ball out of bounds, they have to perform the special activity as if they got tagged.



Progression: Change activity that a player has to do when they get tagged.

Coaching Points:

- Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger.
- Compliment players that are using their peripheral vision to dribble.
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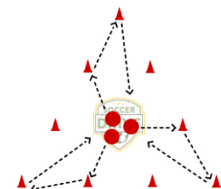
Racing to the Middle

Players Required: 3

Set Up:

Three small triangles of cones are set up on the field, with three players starting in the center. On the whistle, the players race out to the cones and back to the center in a pre-determined pattern. There are several variations of the path that they take to run out and back:

- 1) Touch two cones.
- 2) Touch three cones.
- 3) Run clockwise or counterclockwise.
- 4) Run backwards to get back to the center.



Disc Dribbling

Players Required: 3

Set Up:

To set up, spread the discs out in a random way in close proximity to each other. In repetitions lasting 30 seconds, have the player dribble the ball in and out of the discs. Try to not touch any of the discs. Make sure to stay in control the entire time and switch directions often.

