

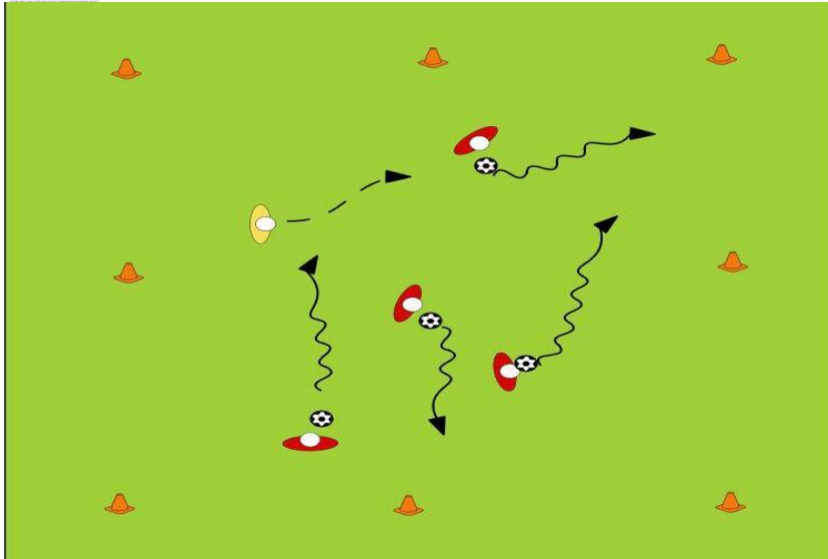


UK International Soccer

WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 2



DRILL 1: STUCK IN THE MUD



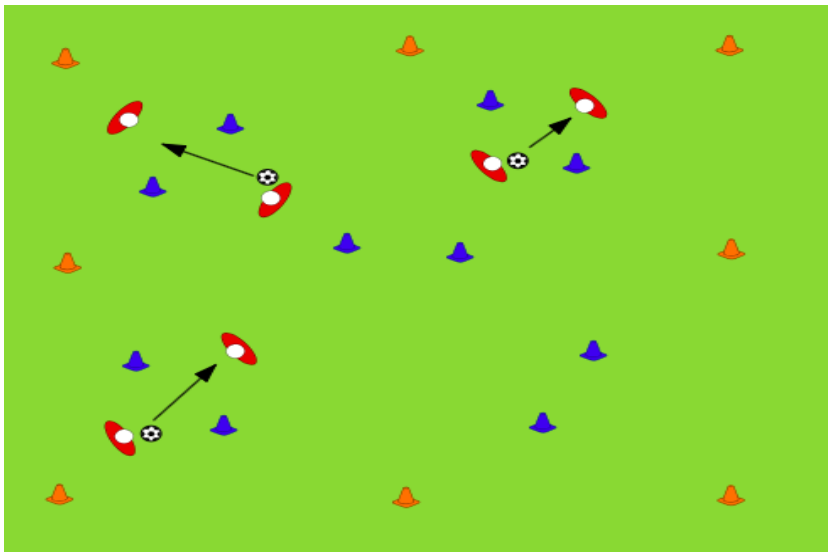
ORGANIZATION:

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

DRILL 2: GATE BALL



ORGANIZATION:

SET OUT A 30X20 PLAYING AREA. HAVE PLAYERS SPREAD OUT AND SPLIT PLAYERS INTO PAIRS WITH ONE BALL FOR EACH PAIR. PLACE CONES INSIDE THE GRID MAKING SMALL GOALS, MAKE SURE YOU HAVE MORE GOALS THAN PAIRS. EACH PAIR COUNTS HOW MANY GOALS THEY CAN SCORE BY PASSING THE BALL THROUGH THE GOAL TO THEIR PARTNER. AFTER EACH GOAL, THE PAIR MUST MOVE TO ANOTHER GOAL TO SCORE AGAIN.

PROGRESSION:

PROGRESS THIS EXERCISE BY USING A TIME LIMIT. AFTER EACH TIME, ASK PLAYERS TO BEAT THEIR PREVIOUS SCORE BY MOVING FASTER, USING BETTER SKILL AND BETTER COMMUNICATION TO SCORE MORE GOALS IN THE SAME TIME LIMIT

COACHING POINTS:

- 1: USE OF CONTROLLING SURFACES (FOOT, THIGH, CHEST) DO NOT JUST USE ANY PART OF THE BODY
- 2: GOOD QUALITY PASSES WILL HELP INCREASE SPEED OF PLAY.