

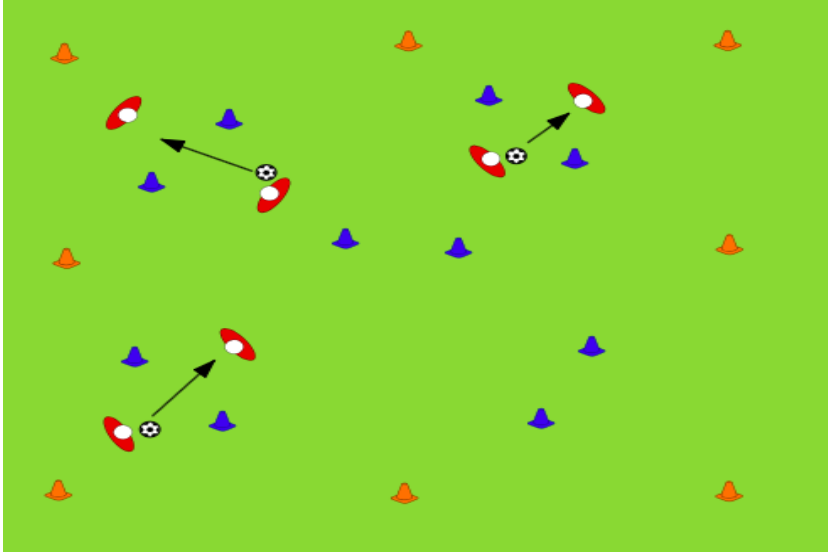


# UK International Soccer



## WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 3

### DRILL 1: 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.

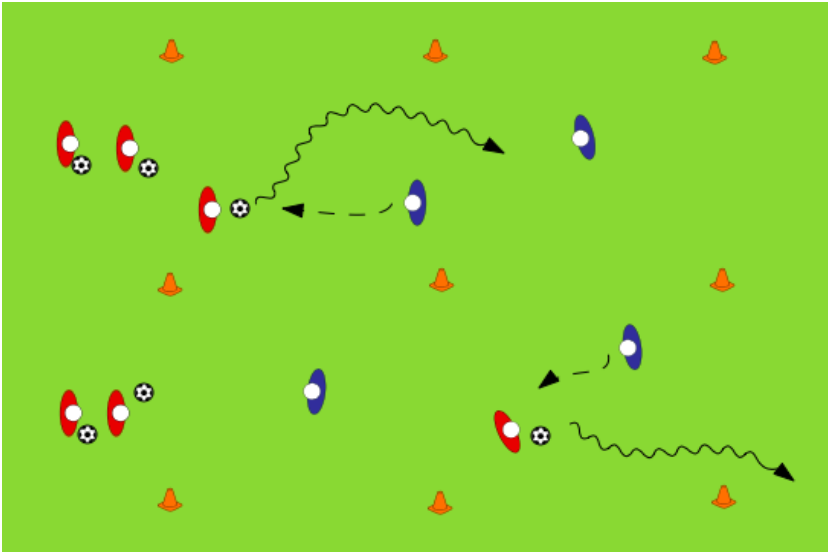
#### PROGRESSION:

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.

### DRILL 2: RUN THE GAUNLET



#### ORGANIZATION:

SET OUT AN AREA 10 x 30 YARDS, DIVIDED INTO 3 SECTIONS, WITH A SMALL GOAL AT THE END. THE ATTACKERS ATTEMPT TO DRIBBLE AROUND 1/2 DEFENDERS AND THEN SCORE IN THE GOAL. (ADAPT NUMBER OF DEFENDERS ON THE PLAYERS LEVEL). THE DEFENDERS ARE POSITIONED ALONG THE BACK LINE OF THE GRIDS. THE DEFENDERS ARE ONLY ALLOWED TO MOVE SIDWAYS (BETWEEN THE CONES) AND CANNOT MOVE FORWARDS. THE ATTACKERS RECEIVE POINTS DEPENDING ON HOW SUCCESSFUL THEY ARE - 1 POINT FOR EACH DEFENDER THEY BEAT AND 1 POINT FOR SCORING A GOAL. KEEPING THE SCORES WILL INCREASE THE LEVEL OF COMPETITION AND ENCOURAGE A POSITIVE ATTITUDE TOWARDS GOAL. REMEMBER TO ROTATE THE DEFENDERS.

#### COACHING POINTS:

- 1: KEEP HEAD UP TO SEE WHERE THE DEFENDER IS.
- 2: CLOSE CONTROL WHEN APPROACHING DEFENDER.
- 3: USE A BOTH FEET, INSIDE, OUTSIDE AND LACES TO MOVE WITH THE BALL.
- 4: POSITIVE ATTITUDE TO BEAT THE DEFENDER. TELL THE PLAYERS TO RUN FAST TO GET PAST THEM.