

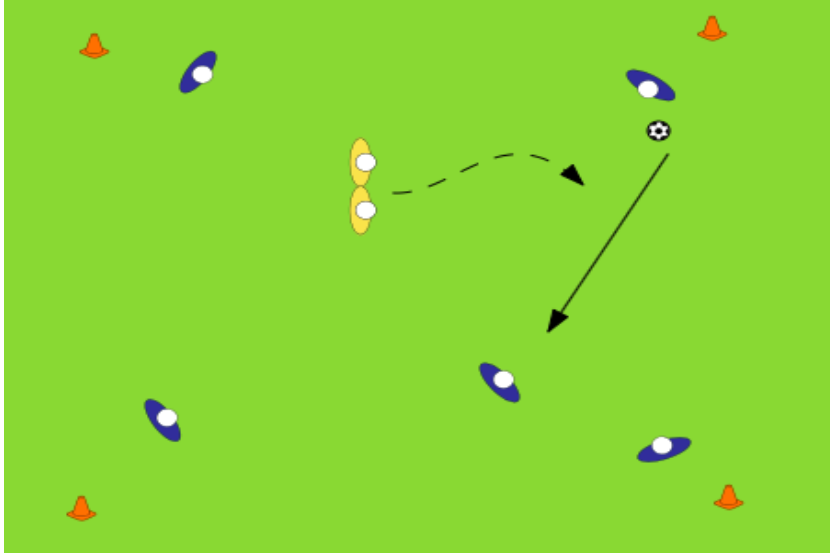


UK International Soccer

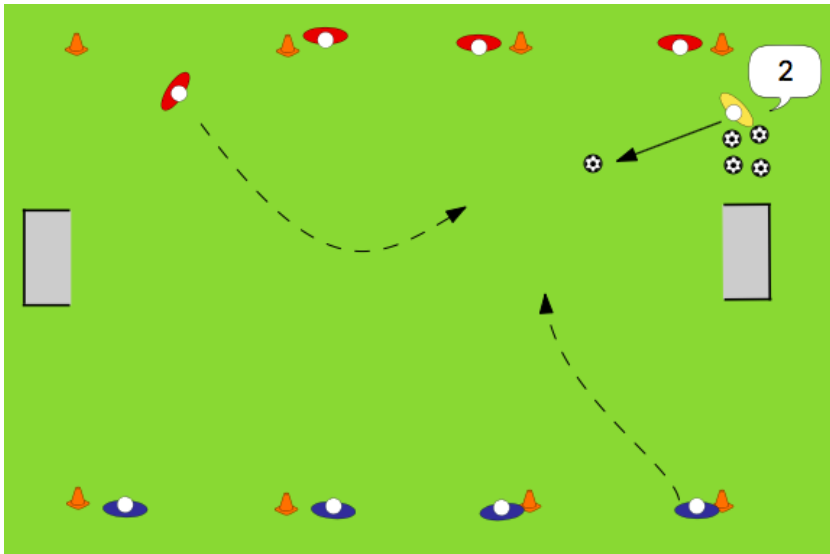
WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 6



DRILL 1: 2 HEADED MONSTER



DRILL 2: NUMBERS



ORGANIZATION:

USE A 20X20 AREA AND MAKE A GOAL ON EACH SIDE OF THE GRID WITH FLAGS OR CONES. SPLIT YOUR TEAM INTO GROUPS OF 6 PLAYERS MAKING 4 ATTACKERS AND 2 DEFENDERS. THE DEFENDERS (2 HEADED MONSTER) MUST HOLD HANDS OR LINK ARMS WHILE CHASING THE ATTACKERS. THE ATTACKERS MUST MAKE 5 CONSECUTIVE PASSES INSIDE THE AREA BEFORE THEY CAN DRIBBLE THROUGH A GOAL TO SCORE. IF THE 2 DEFENDERS WIN THE BALL THEY MAY BREAK THEIR LINK AND ATTEMPT TO SCORE IN ANY OF THE 4 GOALS.

PROGRESSION:

TO PROGRESS THIS EXERCISE - DEFENDERS CAN BREAK THEIR LINK AND THUS HAVE MORE DEFENDERS.

COACHING POINTS:

- 1: MAKE SIMPLE PASSING AND CONTROL LOOK EASY - CONCENTRATION
- 2: TEAM MATES NEED TO CREATE PASSING OPTIONS USING WIDTH AND DEPTH ON THE FIELD AWAY FROM DEFENDERS
- 3: CORRECT PASSING TECHNIQUE IS IMPORTANT FOR ACCURACY AND WEIGHT OF EACH PASS.
- 4: PLAYERS HAVE TO MAKE THE CORRECT OPTION, DO NOT PASS TO SOMEBODY WHO HAS LIMITED TIME.

ORGANIZATION:

MARK OUT TWO GOALS FACING EACH OTHER ON A PITCH APPROXIMATELY 30 X 30 YARDS. THE GROUP IS SPLIT INTO TWO TEAMS AND EACH PLAYER ON THE TEAM IS GIVEN A NUMBER. THE PLAYERS ARE POSITIONED ON THE SIDELINES FACING EACH OTHER. THE PLAYERS SHOULD SPREAD OUT ALONG THE LINE. THE COACH STANDS IN A POSITION WHERE HE CAN FEED BALLS IN TO THE GRID. THE COACH CALLS OUT A NUMBER. IF THE COACH CALLS OUT THE NUMBER 1, THE NUMBERS 1S FROM EACH TEAM RUN INTO THE MIDDLE TO COMPETE 1V1 AND TRY TO SCORE ON THEIR DESIGNATED GOAL. PROGRESS THE EXERCISE BY ALLOWING THE PLAYERS TO USE THEIR TEAM MATES ON THE SIDE TO PLAY A WALL PASS.

PROGRESSION:

COACH SHOUTS 2 NUMBERS AND THE PLAYER PLAY 2V2 AND MUST PASS THE BALL ONCE BEFORE SCORING.

COACHING POINTS:

- 1: READ THE SERVICE AND MOVE INTO LINE WITH THE BALL
- 2: SELECT CONTROLLING SURFACE EARLY AND ADJUST BODY ACCORDINGLY
- 3: IF DEFENDER IS TIGHT CONTROL AND PROTECT THE BALL