



# UK International Soccer



## WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 5

### DRILL 1: COCONUT SHY



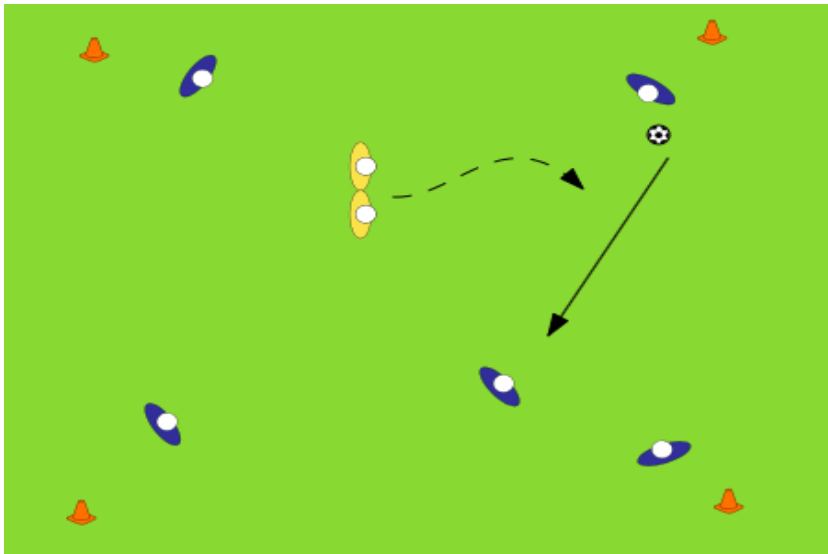
#### ORGANIZATION:

SET OUT A 30X30 PLAYING AREA, WITH A BOX IN EACH CORNER OF THE GRID AND PUT ALL SOCCER BALLS IN THE MIDDLE. HAVE 2 PLAYERS IN EACH BOX. THE PLAYERS MUST RUN TO THE MIDDLE AND DRIBBLE A SOCCER BALL BACK TO THEIR SQUARE, THEN GO GET ANOTHER AS SOON AS THE BALL IS PLACED INSIDE THE SQUARE. PLAYERS ARE ONLY ALLOWED TO DRIBBLE ONE SOCCER BALL AT A TIME. WHEN NO BALLS ARE LEFT, WHOEVER HAS THE MOST IN THEIR SQUARE IS THE WINNER. AFTER A FEW TURNS, THE GAME CAN BE PROGRESSED, WHEN NO SOCCER BALLS ARE LEFT IN THE MIDDLE, PLAYERS CAN STEAL FROM OTHER SQUARES.

#### COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM AND REACT QUICKLY ON WHISTLE
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PULL BACK TURN

### DRILL 2: 2 HEADED MONSTER



#### 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.