

Date:

Topic:



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>Two lines. Release the players to moving, jumping, skipping and doing dynamic stretches and movements in the first straightaway. At the cone they all turn and jog back. (Dynamic and ballistic stretches are preferred to static in the warm-up phase.) Team building activities during this phase help to create teamwork and an enjoyable atmosphere.</p> <p>Create groups according to ability for phase 2. Have grids and bolas ready for each group. Provide a water break between each phase.</p>		<ul style="list-style-type: none"> <li>➤ Rhythm</li> <li>➤ Crossing the center line (kicking left foot to right hand and right foot to left hand)</li> <li>➤ Dynamic movements (active not passive)</li> <li>➤ Skipping, shuffle steps, side steps, jumps</li> <li>➤ Group should be focused on the coaching commands. Give quick instructions to test for listening</li> </ul>
<p><b>Phase Two</b></p> <ul style="list-style-type: none"> <li>➤ Groups of 3-4 players</li> <li>➤ 6 cones set in a “Brazilian Cross”</li> <li>➤ Player one will dribble bola from the starting cone to the first cone and proceed to create a series of figure 8’s. The dribbling player will always return to the center cone before moving toward the next cone in the series. Each player will alternate between left and right foot before combining both feet to navigate course</li> <li>➤ Players waiting can watch or pass an extra bola</li> <li>➤ 10-20 minutes</li> <li>➤ Repeat with size 4 or 5 soccer ball</li> </ul>		<ul style="list-style-type: none"> <li>➤ Balance: use arms, keep a wide base but keep feet under hips</li> <li>➤ Small steps to adjust</li> <li>➤ Small, controlled touches</li> <li>➤ Correct foot position (toe pointed down and knee up)</li> <li>➤ Correct point of contact between ball and foot on the pinky toe and arch</li> <li>➤ Strong core</li> <li>➤ Keep the ball under hips as much as possible</li> </ul>
<p><b>Phase Three</b></p> <ul style="list-style-type: none"> <li>➤ Create several small 10x10 grids with 5-6 players per grid</li> <li>➤ Two players will line up on either side of the starting cone with balls being served into the box by a teammate or the coach</li> <li>➤ Players must maintain ball possession by shielding and turning with the inside and outside of the foot until the coach ends each round</li> <li>➤ Points are scored by successful retention</li> <li>➤ Alternate groups as needed for challenge</li> </ul>		<ul style="list-style-type: none"> <li>➤ Bend knees</li> <li>➤ Wide base for stability</li> <li>➤ Arms for balance and to feel for pressure</li> <li>➤ Encourage both feet</li> <li>➤ Small touches keeping ball close</li> <li>➤ Encourage control and using inside, outside and occasionally sole of the foot</li> <li>➤ Encourage defenders to be physical and allow for some pushing and pulling to increase challenge and fun</li> </ul>
<p><b>Game Phase</b></p> <p>PLAY!</p>	<p><b>ORGANIZATION</b></p> <p>. 1v1, 2v2 with back to goal entry ball</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>➤ Control, balance, inside and outside of the foot turns, shielding</li> </ul>