

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK 1

Objectives: TEAM BUILDING / DRIBBLING SKILLS

Captains: _____

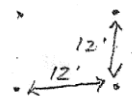
- WARM UP:**
- GATHER TEAM IN CIRCLE FOR STRETCHING
 - INTRODUCE COACHES AND HAVE KIDS INTRODUCE THEMSELVES WHILE DOING MILD STRETCHING (LEG & ANKLE STRETCHES, JUMPING JACKS)
 - DISCUSS TEAM NAMES
 - WHILE KIDS ARE WARMING UP, ONE COACH SHOULD SETUP FIRST DRILL.
 - HAVE KIDS DRIBBLE BALL FROM END-TO-END 4 TIMES

MAIN CONCEPTS: POSSESSION, SPEED & PROTECTIVE DRIBBLING

DRILL 1: - SETUP CONES IN 12FT X 12FT SQUARE

"SHARKS"

- ALL KIDS IN SQUARE W/ BALL



- PRACTICE DRIBBLING INSIDE BOX W/ RIGHT FOOT ONLY, LEFT FOOT ONLY

EXPLAIN "POSSESSION" DRIBBLING INSIDE OF FEET, OUTSIDE OF FEET
FOCUS: CONTROL & KEEPING BALL CLOSE AND USING INSIDE/OUTSIDE OF FEET (2-3 MINUTES EACH)

- INTRODUCE "SHARKS" (COACHES). START DRIBBLING AGAIN. IF COACHES KICK BALL OUT, KID HAS TO RETRIEVE BALL, DO 10 TOUCHES, THEN REENTER SQUARE
- PAUSE GAME AND USE A KID TO SHOW "PROTECTIVE" DRIBBLING

"PROTECTIVE" DRIBBLING IS WHAT THEY DO WHEN "SHARK" TRIES TO TAKE BALL.
FOCUS: KEEPING BALL CLOSE & TURNING BODY BETWEEN BALL AND DEFENDER OR "SHARK".

DRILL 2: - MOVE 2 CONES OUT TWICE AS FAR.

"RED ROVER"

- ALL KIDS LINEUP ON ONE SIDE W/ BALL, ASSIGN #S TO PAIRS OF KIDS.
- WHEN # IS CALLED KIDS HAVE TO DRIBBLE FROM ONE SIDE TO THE OTHER BUT COACHES ARE IN MIDDLE. COACHES SHOULD MAKE IT DIFFICULT BUT NOT KICK BALL AWAY. ENCOURAGE SPEED DRIBBLING ONCE THEY ARE PAST THE COACH. EXPLAIN "SPEED" DRIBBLING.

FOCUS: USING FRONT/TOP OF FEET TO PUSH BALL QUICKLY

- PAUSE GAME AND EXPLAIN 3 TYPES OF DRIBBLING. SHOW THEM WHEN TO CHANGE FROM POSSESSION TO SPEED DRIBBLING TO GET AROUND COACH OR DEFENDER.

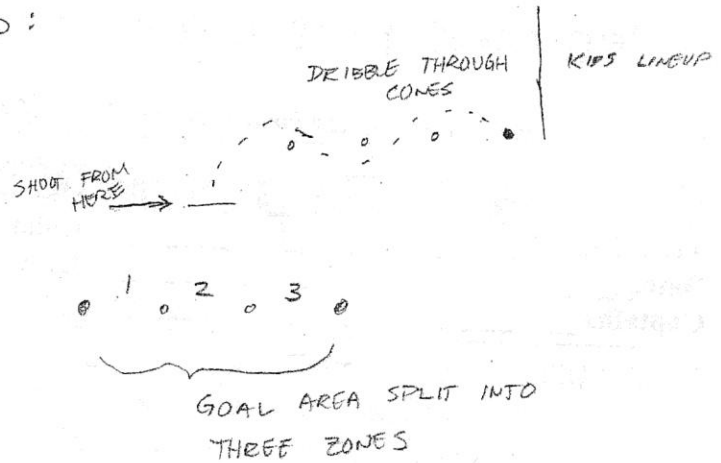
SEE BACK FOR MORE DRILLS

IN-GAME FOCUS: DIFFERENT DRIBBLING TYPES

ENCOURAGE THEM WENT TO SPEED DRIBBLE INTO OPEN SPACE
CONGRATULATE THEM WHEN THEY MOVE FROM POSSESSION / PROTECTIVE / SPEED DRIBBLING CORRECTLY.

DRILL 3: SETUP CONES LIKE SO:

- SPLIT GOAL INTO 3 ZONES.
- EXPLAIN TO SHOOT TO LEFT CORNER OR RIGHT CORNER, NOT THE MIDDLE



* POP QUIZ * "WHY DO WE SHOOT TO THE CORNERS?"

- KIDS WILL KNOW THE ANSWER IS BECAUSE GOALIE IS IN THE MIDDLE. BLOCK OF MIDDLE ZONE WITH CONES OR BAGS OR WITH A COACH.
- LET EACH KID PRACTICE SHOOTING TO CORNER MULTIPLE TIMES.
- * ALSO * MAKE SURE THEY KICK WITH INSIDE OF FOOT FOR STRENGTH & ACCURACY.

FOCUS: SHOOT TOWARDS CORNERS. DO NOT "WIND UP" WHEN IT IS TIME TO SHOOT. USE INSIDE OF FOOT TO SHOOT. WILL WORK MORE ON THIS IN FUTURE WEEKS.

DRILL 4: PRACTICE THROW-INS.

FOCUS: TWO HANDS ON BALL. BOTH FEET ON GROUND BEHIND THE LINE. START BALL BEHIND NECK AND BALL & BOTH HANDS GO STRAIGHT OVERHEAD.