

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK 2

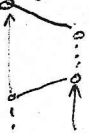
Objectives: PASSING / DRIBBLING

Captains: _____

- WARM UP:**
- GATHER KIDS IN CIRCLE FOR STRETCHING
 - INTRODUCE EVERYONE, THERE WILL BE SOME NEW KIDS
 - REVIEW WEEK 1: 3 TYPES OF DRIBBLING
 - POSSESSION
 - PROTECTIVE
 - SPEED
 - WHO CAN NAME THE 3 TYPES?
 - EMPHASIZE WEEK 2 GOALS: **PASSING!**
 - DECIDE TEAM NAME IF YOU HAVEN'T ALREADY.
 - HAVE KIDS POSSESSION DRIBBLE IN A BOX IF THERE IS TIME.

MAIN CONCEPTS:

- DRILL 1:** - LINE UP KIDS, IN PAIRS, AT ENDLINE. 1 BALL FOR 2 KIDS.



- TWO DRIBBLES AND PASS, TWO DRIBBLES AND PASS, ETC...

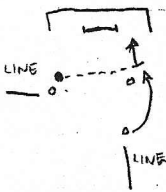
FOCUS: - CONTROL / POSSESSION DRIBBLING WITH INSIDE OF FEET

- HEAD UP TO SEE TEAMMATE
- SOFT PASS, LEAD TEAMMATE (NON DRIBBLER SHOULD BE AHEAD OR EVEN WITH DRIBBLER)

- DRILL 2:** - GOT KIDS IN TWO CIRCLES, ONE BALL PER CIRCLE
- COACHES SET UP CONES INSIDE EACH CIRCLE AND STAND INSIDE CIRCLE.
 - EACH KID POINTS AT A CONE AND TRIES TO HIT CONE WITH BALL.
 - ONE KID AT A TIME PER CIRCLE.
 - IF KID SUCCEEDS, MOVE THEM 2 STEPS FURTHER FOR THEIR NEXT TURN.

FOCUS: - INSIDE OF FOOT TO PASS FOR ACCURACY!

- DRILL 3:** - TWO LINES NEAR GOAL
- ONE LINE IS PASSING, ONE LINE IS SHOOTING.



PASSING LINE PASSES BALL AHEAD OF CONE, SHOOTING LINE RUNS UP AND SHOOTS (LIKE ONE-TIMER).

- HAVE PASSER / SHOOTER SWITCH LINES

- IF KIDS GET REAL GOOD AT THIS, IMPLEMENT "GIVE-AND-GO"

SHOOTING LINE PASSES TO PASSING LINE WHO "CENTERS" THE PASS FOR SAME SHOOTER.

FOCUS: FIRST PASS IS JUST AS IMPORTANT AS SHOT

ONE BALL AT A TIME

FOCUS: PASSERS - ACCURACY & CONTROL
POWER
SHOOTERS - TIMING & POWER

- IN-GAME FOCUS:**
- DRIBBLING SKILLS
 - RUNNING "WITH" TEAMMATE, NOT NEXT TO OR BEHIND
 - LOOKING FOR OPEN TEAMMATES NEAR GOAL.

Additional Time : play sharks Game from week 1