

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK 3

Objectives: DRIBBLING / PASSING

Captains: _____

WARM UP: • STRETCH AS USUAL
 • PLAY "SHARKS" FROM WEEK 1 TO WARM KIDS UP AND REFRESH MEMORY ABOUT "3 TYPES OF DRIBBLING".

"SHARKS": • CREATE A BOX
 • KIDS DRIBBLE IN BOX (LEFT FOOT ONLY, RIGHT FOOT ONLY)
 • COACHES ACT AS SHARKS (INSIDES, OUTSIDES, ETC.)

- POSSESSION
- PROTECTIVE
- SPEED

MAIN CONCEPTS:

DRILL 1: RELAY RACES [PRACTICE SPEED DRIBBLING AND PASSING]

FOCUS:
 • DRIBBLING TECHNIQUE
 • LOOKING UP TO PASS

BREAK KIDS INTO TEAMS (2, 3, OR MORE)
 KIDS SPEED DRIBBLE DOWN, AROUND CONES, AND BACK THEN PASS TO NEXT TEAMMATE IN LINE.
 PLAY GAME MULTIPLE TIMES (2-4)

ADD NEW RULES, IF NEEDED (I.E. USE POSSESSION DRIBBLE OR MUST USE LEFT-RIGHT-LEFT...)

DRILL 2: 2 V. 1 W/ GOAL



CREATE TWO LINES TOWARDS GOAL
 ONE BALL PER PAIR
 ONE PLAYER DRIBBLES FORWARD UNTIL COACH (OR ^{DEFENSE} PLAYER) PLAYS DEFENSE
 PLAYER PASSES AHEAD TO TEAMMATE WHO SHOOTS
 USE SMALL GOAL TO FOCUS ON SHOT ACCURACY AS WELL.
 FOCUS: SPACING → NOT RUNNING NEXT TO OR BEHIND TEAMMATE.
 PASS BEFORE DEFENDER ATTACKS
 PASS AHEAD TO TEAMMATE

DRILL 3: 3 V. 2 W/ 2 SMALL GOALS



CREATE TWO SMALL GOAL AREAS ALONG SAME ENDLINE, NO MIDDLE GOAL
 3 LINES OF PLAYERS, ONE BALL
 EMPHASIZE SPACING
 KIDS PASS BALL AS COACHES ATTACK, WITH 2 GOALS
 KEY IS TO PASS BALL "LATERALLY" TO OPEN TEAMMATE

FOCUS: SPACING
 RECOGNIZING OPEN TEAMMATE

IN-GAME FOCUS: DRIBBLING

PASSING!

SPACING → NO MORE "CLUSTER-BALL" 😊