

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

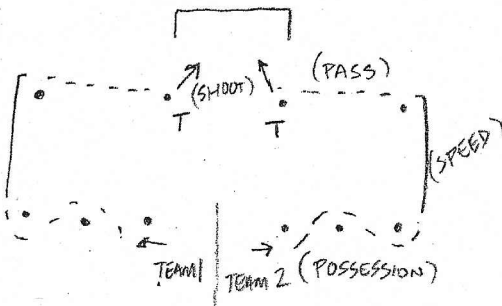
COACHING OUTLINE

Team Name: _____ Color: _____
 Date: WEEK 4 _____ Objectives: SPACING / POSITIONS
 Captains: _____

- WARM UP:
- REGULAR WARM-UP / STRETCHING
 - SPEED DRIBBLING ENDLINE - TO - ENDLINE TO "WARM UP"
 - PAIR UP AND PRACTICE CONTROLLED PASSING

MAIN CONCEPTS:

DRILL 1: OBSTACLE COURSE

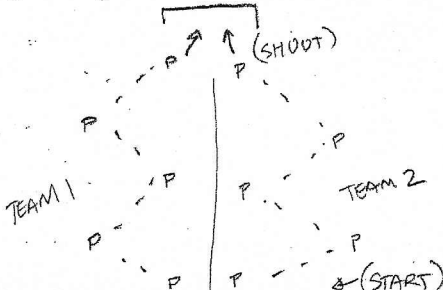


- SETUP TWO SETS OF CONES AS IN DIAGRAM
- BREAK INTO TWO TEAMS
- USE ONE GOAL OR GOAL AREA
- PLAYER DRIBBLES THROUGH CONES (POSSESSION) THEN (SPEED) DRIBBLES TO OTHER CONE. PASSES TO TEAMMATE. TEAMMATE SHOOTS.

- FOCUS:
- CONTROL IN POSSESSION DRIBBLING
 - SPEED DRIBBLE UP "SIDELINE"
 - PASS (WITH ACCURACY) TO TEAMMATE "CENTERING PASS"
 - TEAMMATE "ONE-TIMES" SHOT ON GOAL

REPEAT AS LONG AS KIDS ARE HAVING FUN.

DRILL 2: SNAKE LADDER



- BREAK INTO TWO TEAMS
- SEPERATE / SPACE PLAYERS GOOD DISTANCE APART AND AT DIAGONALS.
- PLAYERS MUST PASS DIAGONALLY UP TO SHOOTER
- ROTATE KIDS THROUGH EACH SPOT (IF TIME)

FOCUS: PASSING AHEAD / PASSING DIAGONALLY

IN-GAME FOCUS: SPACING (AS LAST WEEK)
 PASSING AHEAD / PASSING DIAGONALLY

* DRILL 3: THROW-INS (IF TIME)

- FOCUS:
- TWO HANDS ON BALL / BEHIND BALL
 - ALMOST IN "W" WITH THUMB & POINTERS
 - FEET ON GROUND. THROW STRAIGHT OVER HEAD
 - "ZELLY OUT" & CRY IN EAR OWNER

