

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

PAGE # 1

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK # 2

Objectives: MOVE # 1 / SHIELDING

Captains: _____

- Introduce Everyone, There will be some new Kids.
- Review week # 1 - Dribbling
- Warm-up Activity (see Below).
- Main Activity # 1 then MAIN Activity # 2
- Small-Sided game # 1 then Small-Sided game # 2
- Final 40 - 45 mins. split team up and play vs teams from other colors.

WARM UP Activity

Gates - pairs

Actions

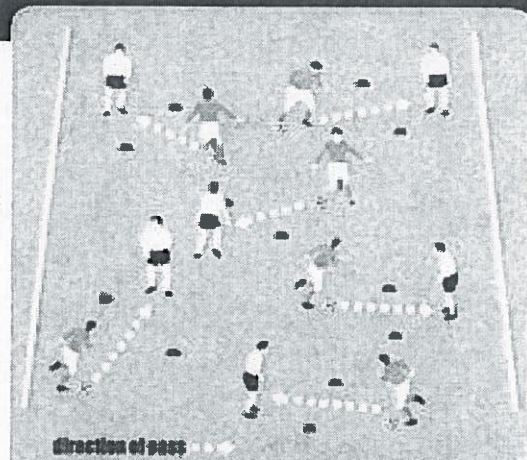
Arrange your players in pairs.

The pairs of players must try to make as many passes to each other through as many gates as they can in a set time period.

The player in possession must look up to see which gate their partner has run to.

The pair with the most gate passes in a set period of time are declared the winners.

gates = pairs of cones set out on different parts of the field.



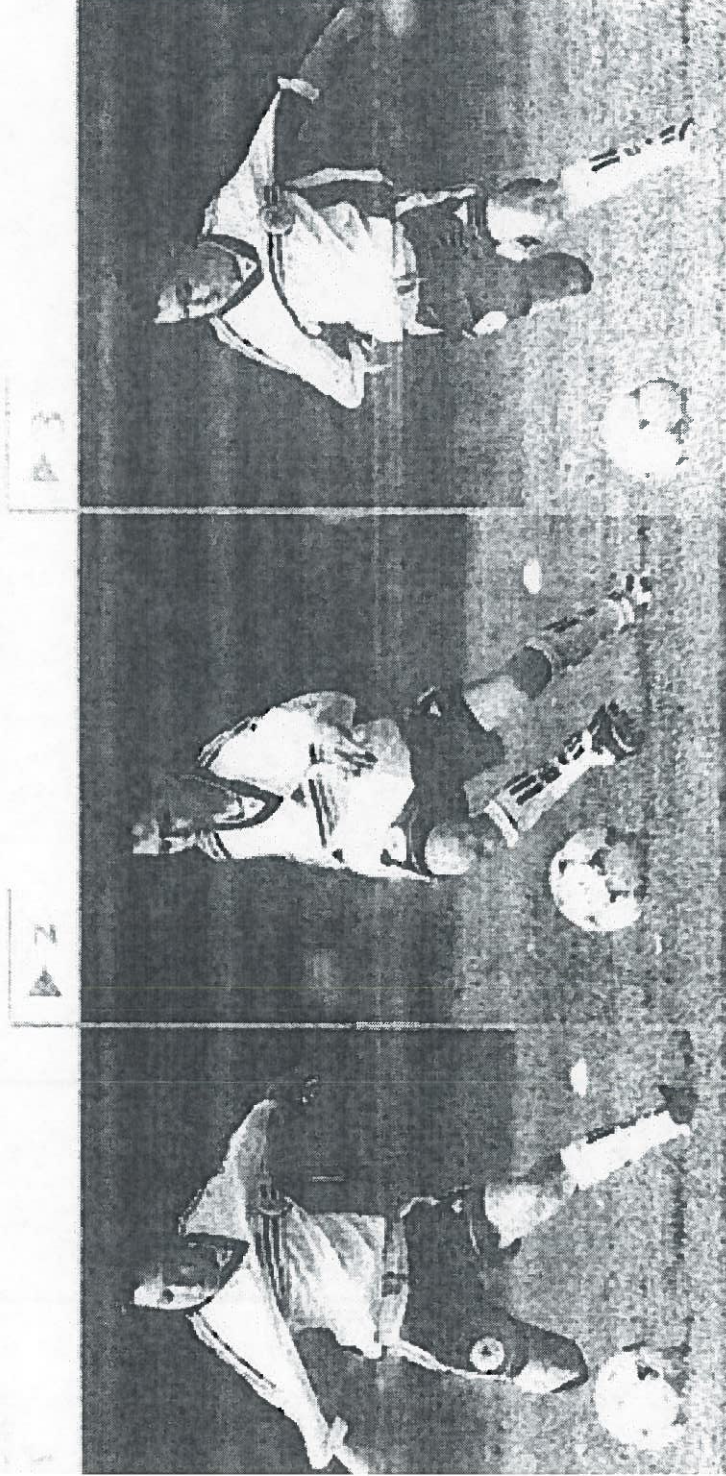
What to shout:

- "Head up"
- "See your partner"
- "Work together"
- "Communicate"

MOVE #1 - LUNGE STEP.

MAIN ACTIVITY #1

Coaches Demo Move for players



Lunge step

How to do it:

- While dribbling, take a wide outward lunge step behind the ball (shown here with the left leg).
- Immediately take the ball in the opposite direction with the outside of the other (right) foot and start dribbling away.
- Variation: double body fake.

Have players move without touching the ball at first.