

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Date: Week # 6

Captains: _____

Color: _____

Objectives: Review/World Cup

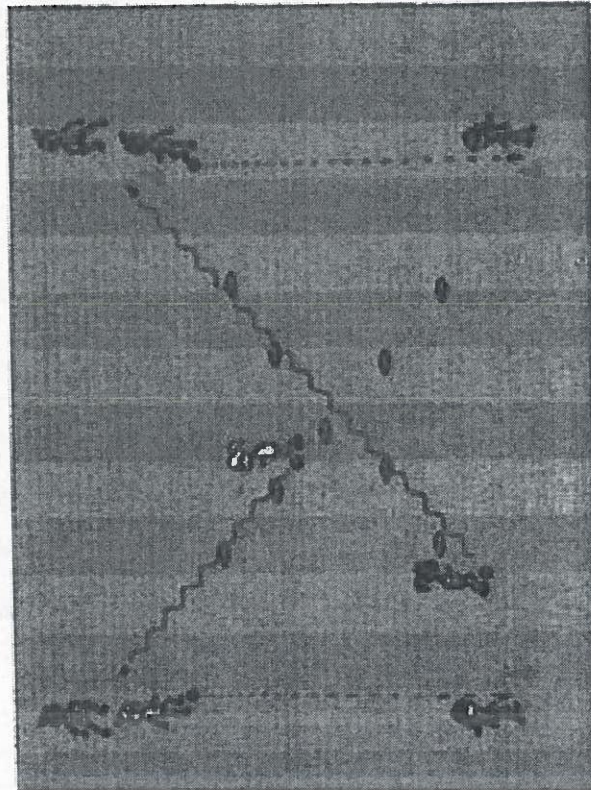
- * Warm-up Activity - Musical Balls (page # 6 from week # 5) - for the first 10 mins. or so.
- * Small-sided Game - for the next 15 mins.
- * Small-sided game reviews DRIBBLING, PASSING & RECEIVING

During the warm-up Activity & the SMALL-SIDED GAME Please take time-out to commend/thank the kids for coming out over the past few Saturdays & let them know how much fun it has been working with them. Please encourage them not to wait until the next intramural program to play soccer again, but to continue to play & develop their skills every chance they get.

- * From 10:30-11:30 lets see if we can get in three (3) different 15-17 mins. games for each team as we've done in the past... **WORLD CUP.**

THANK YOU for coming out and volunteering over the past weeks. See you at our next intramural session...
PLEASE!!!

SMALL SIDED GAME



Sequence & Progression

- Players pass the ball to the open player across from them and follow their pass
- Upon receiving the ball, the player dribbles through the "X" on a diagonal and plays the ball to the next person in line
- Players can race against the clock or against players in another grid

Coaching Points

- Keep the ball close and under control when dribbling
- Accurate passes with good pace
- Keep eyes up when dribbling through the "X" to avoid teammates
- Good first touch towards the "X" to start dribbling to open space

DRIBBLING, PASSING, RECEIVING

Organization

- Mark out an "X" with cones and 4 corner cones in a grid 20 x 30 yards.
- Equal # of players @ each corner
- 1-2 balls at two of the corners

Variations

- Use a throw-in instead of a pass so players receive the ball out of the air.
- Race against the clock to see how long it takes everyone to get around the entire square.
- Add a move at the first cone or vary the surfaces of the feet used to dribble through the cones.

Please skip
Because of time!