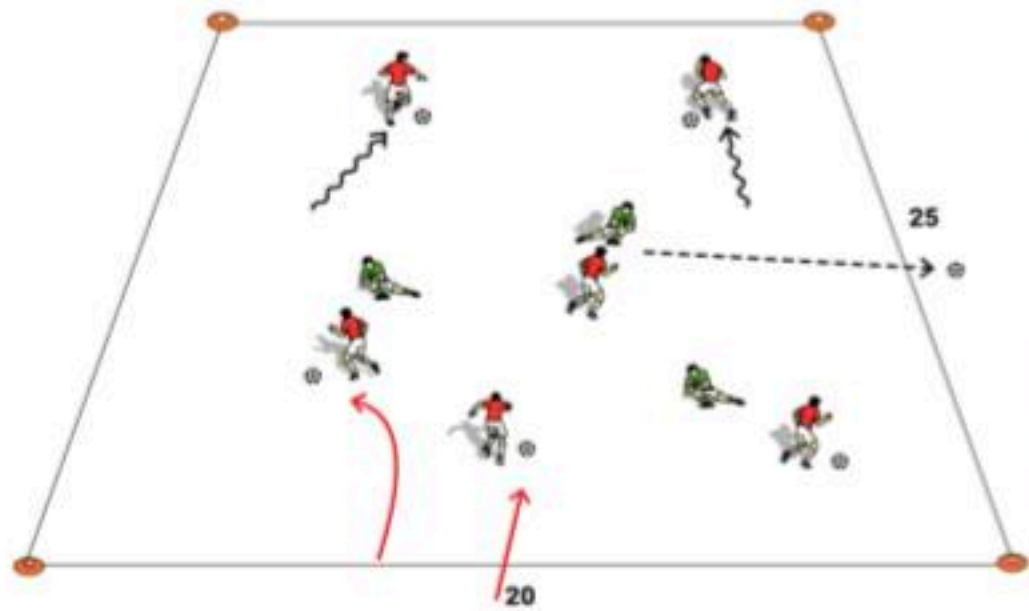


Dribbling

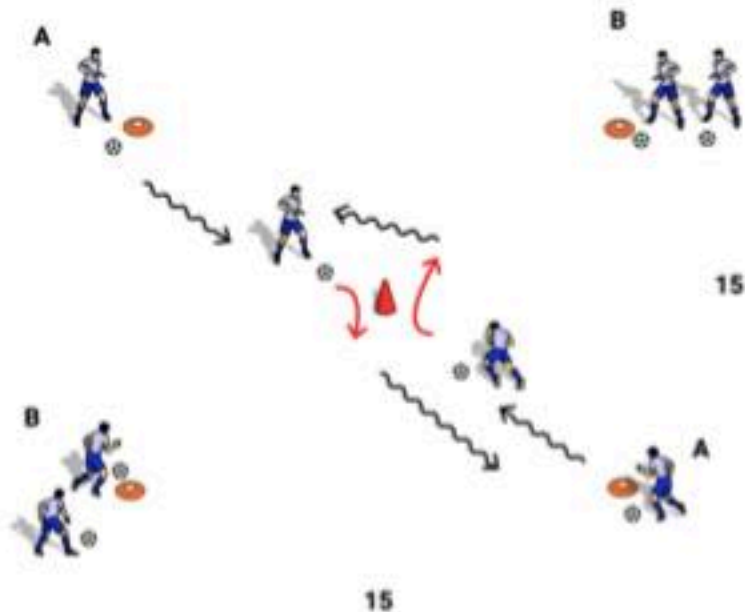


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FUN - Crab soccer - Area depends on how many players you have. 20 x 25 is shown.

1. Designate about 3 – 4 players to be a 'crab'. These players sit down on the field without a ball (or if the field is wet they can walk only)
2. The rest of the players stand with their ball at one of the end lines.
3. On the coaches signal, the players have to dribble the ball to the opposite end line.
4. The 'crabs' move around on their 'butts' and have to try and kick the balls out of the playing area. If they do, that player now joins them to become a 'crab'.
5. Once all the players have reached the opposite end line, the coach calls GO! again. Play until all players are out.

Coaching points: Close ball control. Use inside, outside and sole of the foot. Attacking the space. Lift their heads to scan the field.



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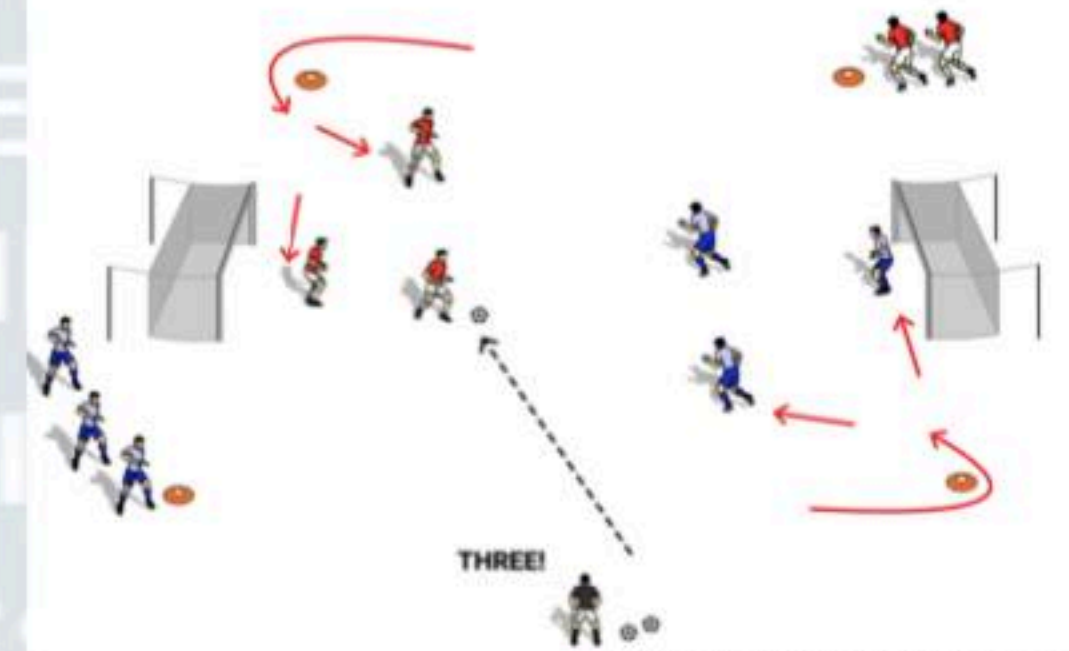
Apply Technical - Area – 15x15. Every player has a ball. Use three stations. A cone (or coach is in the middle of the playing area).

1. Group A dribbles the ball towards the middle cone. They perform a skill at the cone that involves moving to the right. They then join the group at the opposite cone.
2. Group B now do the same.

Skills to teach:

- Fake move to one side, take with outside of foot to the other side.
- Move to one side of the cone, drag the ball back with the sole and move to the other side.
- Move to one side and cut the ball with the inside of your foot.
- Allow players to do their own moves.

Coaching points: Close control. Use correct part of the feet. Change speed once the skill is performed. Lift your head.



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Area: 25 x 20, 2 goals with no GK's. (you can have GK's if you wish)

Teams are placed at opposite ends as shown with a cone facing each team 25 yards away.

1. When the coach calls "THREE", 3 players from each team run around the opposite cone as fast as they can. The first player around the cone goes in goal as the GK.
2. The coach serves in the ball. A 2 v 2 is played.
3. Play until a goal is scored or until the ball goes out of bounds.
4. Players return back to their group and the coach calls out another number.

Variation:

Team work – Whatever number the coach calls, add 2 and take 1 away (= add one) Players will communicate. Decision making