

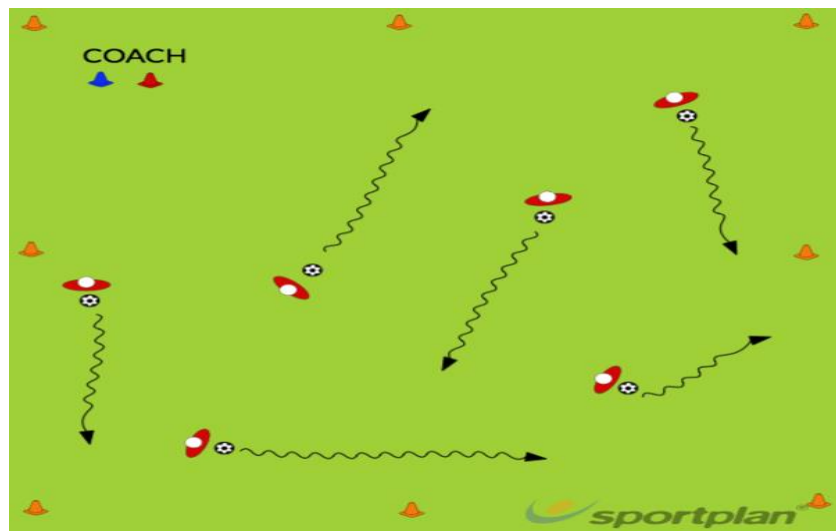


UK International Soccer

WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 1



DRILL 1: COLORED CONES



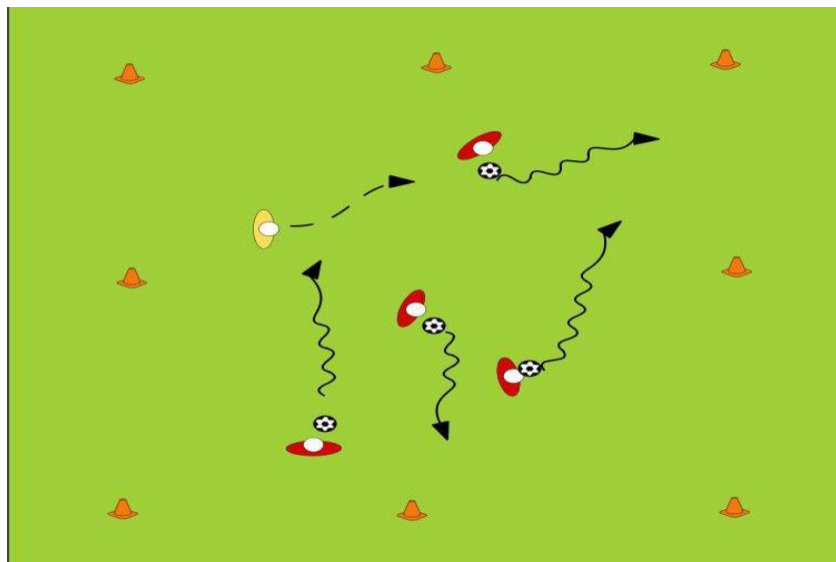
ORGANIZATION:

SET OUT A 40 X 40 YARDS PLAYING AREA. ALL PLAYERS HAVE A BALL EACH AND ARE TO DRIBBLE AROUND THE AREA. THE OBJECT OF THE GAME IS TO WATCH THE COACH AS HE MAY HOLD UP A COLORED CONE. IF HE HOLDS UP A BLUE CONE THE PLAYERS MUST DRIBBLE ONLY USING THEIR RIGHT FOOT AND IF A RED CONE IS HELD UP THE PLAYERS MUST USE JUST THEIR LEFT FOOT. PLAYERS MUST NOT BE LOOKING AT JUST THE BALL, THEY MUST DRIBBLE WITH THEIR HEADS UP.

COACHING POINTS:

- 1: ENCOURAGE PLAYERS TO KEEP THE BALL CLOSE AND CHANGE DIRECTIONS QUICKLY
- 2: KEEP HEAD UP AS OFTEN AS POSSIBLE AND LOOK FOR THE COACH
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT PARTS OF THEIR FEET
4. PRACTICE PRACTICE PRACTICE

DRILL 2: STUCK IN THE MUD



ORGANIZATION:

SET OUT A 20 X 20 GRID. ALL THE PLAYERS HAVE A BALL. ONE PLAYER IS DESIGNATED THE TAGGER AND SHOULD STAND WAITING ON THE OUTSIDE OF THE GRID, WHILE THE GROUP OF PLAYERS POSITION THEMSELVES IN A SPACE WITHIN THE GRID. THE TAGGER MUST ATTEMPT TO TAG ALL THE PLAYERS INSIDE THE GRID WHILE MAINTAINING CONTROL OF THEIR OWN BALLS. WHEN A PLAYER IS CAUGHT THEY MUST PICK UP THEIR BALL AND SHOUT FOR HELP. THEY CAN BE FREED BY ANOTHER PLAYER IF A BALL IS PASSED BETWEEN THEIR LEGS. PUT A TIME LIMIT ON THE GAME. THE WINNING TEAM ARE THE TAGGERS WHO CAN FREEZE EVERYONE IN THE QUICKEST TIME. ROTATE THE INSIDE PLAYERS EVERY 2-3 MINUTES. *** COACH SHOULD BE THE TAGGER FIRST TO ENCOURAGE ENGAGEMENT BETWEEN THE COACH AND PLAYERS. ***

COACHING POINTS:

- 1: CLOSE CONTROL AND BALL FAMILIARITY - KEEP THE SOCCER BALL CLOSE TO YOU
- 2: HEAD UP AS OFTEN AS POSSIBLE - KNOW WHERE THE DEFENDERS ARE AND WHERE THE GOALS ARE
- 3: AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS