

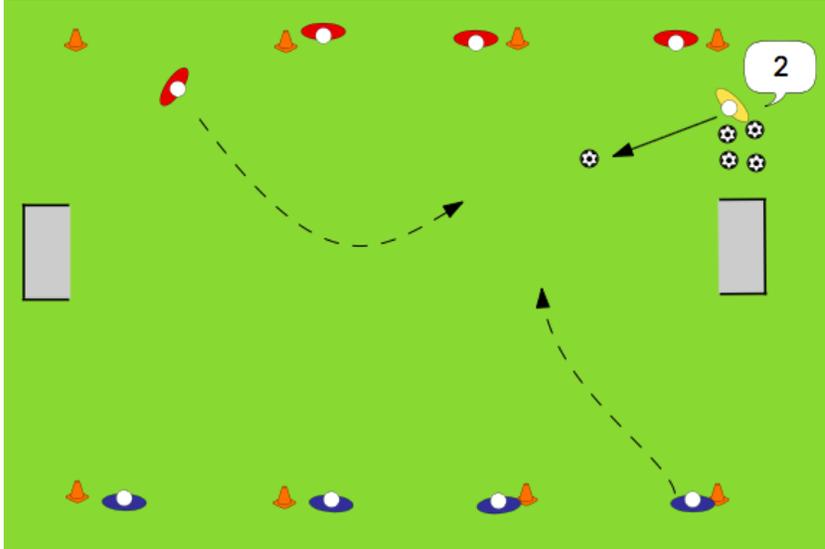


UK International Soccer

WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 7



DRILL 1: NUMBERS



ORGANIZATION:

MARK OUT TWO GOALS FACING EACH OTHER ON A PITCH APPROXIMATELY 30 X 30 YARDS. THE GROUP IS SPLIT INTO TWO TEAMS AND EACH PLAYER ON THE TEAM IS GIVEN A NUMBER. THE PLAYERS ARE POSITIONED ON THE SIDELINES FACING EACH OTHER. THE PLAYERS SHOULD SPREAD OUT ALONG THE LINE. THE COACH STANDS IN A POSITION WHERE HE CAN FEED BALLS IN TO THE GRID. THE COACH CALLS OUT A NUMBER. IF THE COACH CALLS OUT THE NUMBER 1, THE NUMBERS 1S FROM EACH TEAM RUN INTO THE MIDDLE TO COMPETE 1V1 AND TRY TO SCORE ON THEIR DESIGNATED GOAL. PROGRESS THE EXERCISE BY ALLOWING THE PLAYERS TO USE THEIR TEAM MATES ON THE SIDE TO PLAY A WALL PASS.

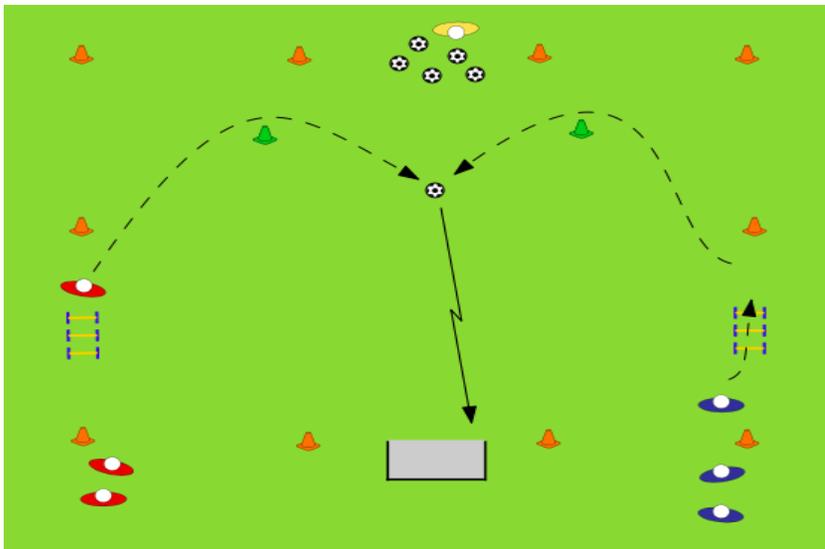
PROGRESSION:

COACH SHOUTS 2 NUMBERS AND THE PLAYERS PLAY 2V2 AND MUST PASS THE BALL ONCE BEFORE SCORING.

COACHING POINTS:

- 1: READ THE SERVICE AND MOVE INTO LINE WITH THE BALL
- 2: SELECT CONTROLLING SURFACE EARLY AND ADJUST BODY ACCORDINGLY
- 3: IF DEFENDER IS TIGHT CONTROL AND PROTECT THE BALL

DRILL 2: 1V1 & 2V2 TO GOAL + FOOTWORK



ORGANIZATION:

SET OUT A 20 X 20 AREA WITH ONE GOAL. POSITION 2 TEAMS IN OPPOSITE CORNERS ON THE GOAL-LINE. PLACE A CONE YARDS WIDE AT THE OPPOSITE END OF THE GRID. ON COMMAND OF THE COACH ONE PLAYER FROM EACH CORNER HAS TO PERFORM A VARIATION OF FOOTWORK THROUGH AN AGILITY LADDER OR CONES RUN AROUND THE TOP CONE. THE COACH PASSES A BALL INTO AN AREA WHERE THE PLAYERS THEN COMPETE TO WIN THE BALL AND TRY TO SCORE IN THE GOAL.

PROGRESSION:

PLAY 2V1 BY SENDING 2 ATTACKERS V 1 DEFENDER. THE ATTACKING TEAM MUST PASS THE BALL AT LEAST ONCE BEFORE SHOOTING.

COACHING POINTS:

- 1: ABCs OF FINISHING: ADJUST BODY; BASIC TECHNIQUE; CLEVERNESS INVENTIVE WAYS TO GET THE BALL PAST THE KEEPER.
- 2: SHOOT ON SIGHT: REMEMBER YOU DO NOT HAVE TO BEAT THE PLAYER JUST CREATE ENOUGH SPACE FOR SHOOTING OPPORTUNITY.
- 3: ACCURACY BEFORE POWER: BUILD UP POWER OF STRIKES.