

2015 Billerica Youth Soccer Coaches Clinic

March 28th 10am-12pm.

- Soccer Specific training

1. Plyometric w/ ball - Fast feet w/ partner. Switch left/right foot. Shuffle sides. 30 seconds- players balance on 1 foot - pass back, head back. Switch feet & players.
2. Passing & receiving using training equipment. Set up two 10x10 boxes. Players first handball, two touch pass, 1 touch pass w/ huddles & ladder in middle (on whistle sprint to other box). Make sure players hit at least one plyometric station on their way across field. 2. Hit 2 stations

- Warm-up drills before game

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1. Kansas city drill- (dribble, quick touch, roll overs)- 2 cones placed 4 feet apart, place another 2 cones 20 yards away same. Players dribble down, pass thru gate and shuffle back, karaoke back, ect.
2. 4x4 possessions 2 inside 2 outside. Working on combination inside box. 1 long to short to outside (outside feeds to (a)- pass to (b) passes to opposite outside player (variations)- trade off w/ outside, outside to outside to promote movement off ball.
3. ABC's- = Ability, balance & coordination- Passing (checking, in front of cone, outside touch, Ronaldo)- set up. Diamond set-up. Players passes to b receives ball (good body position), b plays c. follow your pass. Alternative, line-up in front of cone, use outside of feet to go past defender (cone).

Main training sessions

1. 4 v 4 +2 break-thru game w/ goalies - set up 20x40 grid in middle of field with 4 gates. 5 v 5 play to break out to pass to strikers waiting on either side of grid. Striker attacks 1 v 1 to goal. Switch players. Alt. play 2 touch, 2 v 1 break out to goal.
2. 8 v 8 with different formations: try 3-3-1, 2-3-2, ect.