



Coerver Skills (15 mins)

Organization

Inside the field of play the players must complete the footskills/ball mastery foot work

Week 2

Shuffle Stop Take
Shuffle Take
Take Stops
Shuffle Stop Take
Shuffle Take



Technical inside of the foot. (10 mins)

Organization

Divide your 30 x 20 rectangle up into 4 channels.

Have two players opposite each other - with 1 ball between them. Players very simply pass the ball back and forward - focusing on the quality of their passing.

Coaching Points - First touch

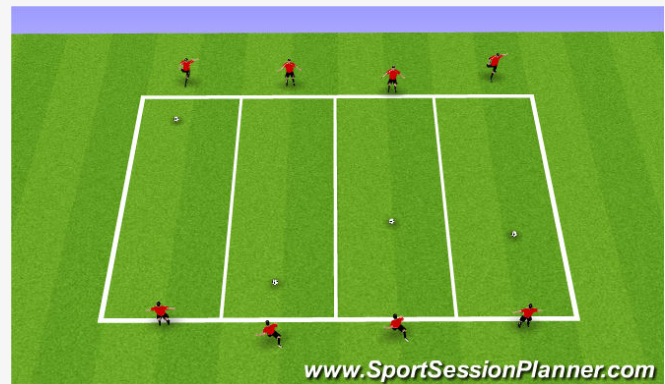
1. On our toes - Ready to receive - get in line with the ball.
2. Our first touch should be with the inside of our foot - watch the ball all the way to our foot - with the aim that it makes contact with the center of the inside of the foot - At the moment of contact with the ball, our foot is relaxed and gives slightly to kill the moment of the ball. We want the ball to stay close, so we do not turn over possession.

Coaching Points - Inside of the foot passing

1. Non - Kicking foot beside the ball, do not reach for the ball
2. Eye's on the ball at the moment we make contact
3. Toe pulled up at a 90- Degree angle - to help keep the ball low, strike through the ball at midlevel
4. Ankle should be locked on kicking foot
5. Follow through aimed at the target
6. Is there enough power in the pass - a good pass should reach our teammate with pace on the ball - not rolling slowly.

Coaching Points - Driven

1. Same as above except - 3. Step into the ball and use your lace - bring your foot through like shooting but you should keep you follow through low so to keep the ball low.
- Encourage players to practice with both feet.



Technical 4v0 (10 mins)

Organization

20 x 20 square split into 2.

4v0 each group has a ball.

Players pass and move and make different combinations in there area.

Coaching points

1. Can the passes have the correct weight and accuracy?
2. Can we support each other with smart movement?
3. Are we using the area to our advantage? use the full width and length of the area
4. Does it look like soccer?
5. Are we using 1-2's and other combinations.



Possession (10 mins)

Organization

30 x 30 Square.

Split group into smaller groups (no more than 4 players in a group)

Players pass and move inside the square - encourage 1 or 2 touch passing, encourage players to be creative try flicks and tricks.

Coaching Points

1. Support players on the ball. Offer them different options.
2. Can we use the full field?
3. Can we move the ball quick?
4. Follow good passing techniques - Inside of the foot - Non - Kicking foot next to the ball



Field 2 - Possession (20 mins)

Tryout Drill

In the possession drill we have the opportunity to see which players can pass and receive the ball effectively – We see who can pass the ball with the correct weight and accuracy – who supports well and who can be creative play 1-2's, overlaps etc. – One of the biggest factors is a strong first touch and fitness

We will start with each team having one ball. Using the other team as obstacles. After 5 minutes we will then remove one ball and have it become Red v Blue

