



Academy Session Week 7

Category: Technical: Shooting

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Dribbling

Set Up

5x5 yard diamond in the middle with a 20x20 yard square on the outside so outside points of the square line up with the inside points in the diamond.

Instructions

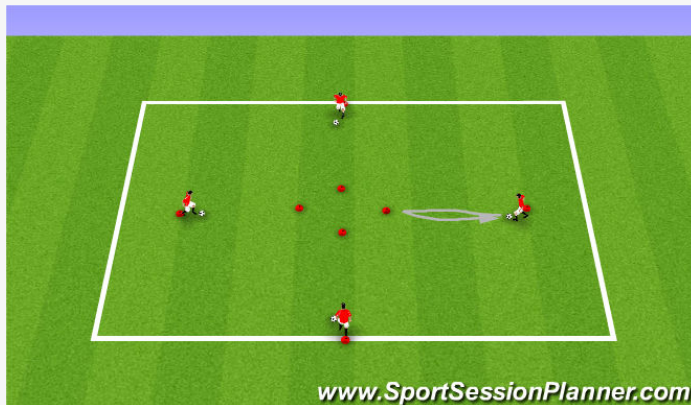
Players dribble into the cone and perform a specified turn to dribble back to their starting point

Turns:

- 1) Inside cut
- 2) Outside cut
- 3) Pull Back
- 4) Cruyff

Coaching Points

1. Using our laces technique to dribble
2. Appropriate technique for the move: Cruyff will need work as this is probably new
3. Change of pace and controlled touches after the move to get back to the cone



Passing

Set Up

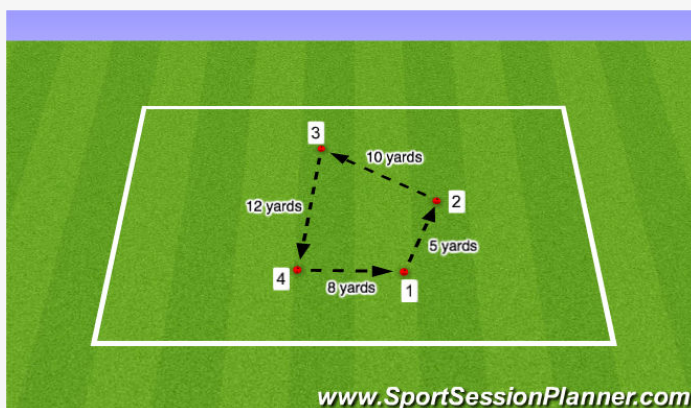
See diagram above

Instructions

Players pass and follow their pass in numerical order. Players should take at least 2 touches to receive and pass.

Coaching Points:

1. Passing technique- inside the foot, ankle locked, toe up
2. First touch in the direction of the next pass
3. Can the ball stay moving the whole time from receiving the ball to passing even if it takes 3 touches
4. Pick your head up to see your teammate before passing



1v1

Set Up

2 Bownets 25 yards apart with width of 20 yards

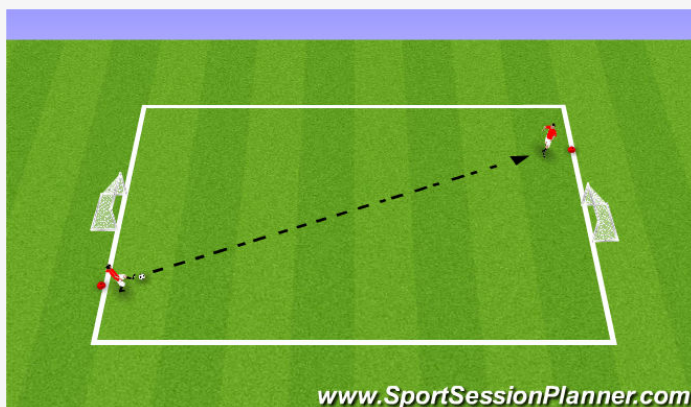
Cone 5 yards off the post for players to start so they aren't standing right next to the goal.

Instructions

Ball starts by the defender passing the ball across the field to the attacking player. It is a 1v1 until someone scores or the ball goes out. Players DO NOT switch lines until half way through the station when the coach tells the attacking players and defending players to switch.

Coaching Points:

1. Positive first touch to attack on the dribble
2. Proper dribbling technique using laces, inside, or outside the foot technique
3. Using a change of direction and a change of pace to get by the defender



4v4

Set Up

4v4 to endlines

Instructions

Players must dribble across the endline under control for a point.

