



Description

Changing Direction (15 mins)

Organization:

Set up a 20 x 20 grid. Each player has a Soccer Ball.

Instructions:

Players dribble around the area performing the change of direction technique described by the coach. Players dribble around the box until the coach calls out a number. When the coach calls a number players must dribble to the corner and perform the change of direction technique in the corner. Continue dribbling with proper Messi technique until the next color is called.

Change of Direction Techniques:

1. Stop and Go- this is a straight move, but it recaps the move from last week
2. Inside touch going at the cone using inside of the foot- add a little shoulder fake
3. Outside touch going at the cone using outside of the foot- add a little shoulder fake
4. Pull back
5. Cruyff
6. Step-over turn

Each change of direction should not be followed by a change of speed.

Coaching Points:

- Everytime we dribble between the cones we should use our Messi (laces touches)
- Using the proper technique to change direction
- Keeping our head up so we don't run into our teammates

Progression

1. Coach calls two numbers that players will perform any change of direction technique that we went over. This will allow players to decide what directions they want to go. Add up to four consecutive colors.
2. Allow a player to create a sequence with numbers and change of direction technique. ie one-pull back to 4-inside cut

Coaching Points

- Having our head up so we know what cones to go to
- Encourage going backwards with a pull back as well as side to side going around the cones



Dribble Relay (10 mins)

Set Up

See picture for details.

2 teams

The first player will dribble around their cones using appropriate Messi technique. When they get around the second cone they need to pick their head up and pass to their teammate who will then make a first touch and dribble back to the start. First team that gets through 2x wins. Play 2-3 rounds then switch sides so players are working on changing direction on the opposite side.

Coaching Points

1. Dribbling technique and taking angled touches to get around the cones

2. Passing technique

3. Receiving technique to direct the ball where we want to go

Progression

Player dribbles around the top cone then passes to a player at the next cone who then takes a first touch and passes back to the beginning.



Rapid Fire Passing

Set Up

12x12 yard diamond with a 3x3 square in the middle.

Instructions

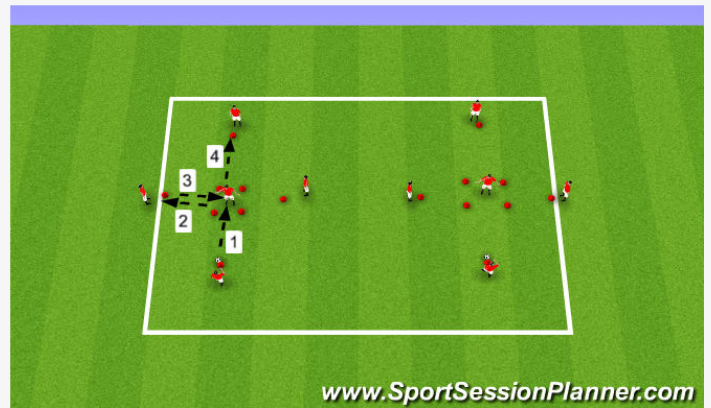
One player is in the middle square and one player is at each of the 4 cones of the diamond. The ball always goes to the middle from the outside player and the ball can only advance to the next player through a pass from the middle player. After the ball gets around the diamond twice, switch the player in the middle.

Coaching Points:

1. Passing technique
2. First touch from the player in the middle to set up their pass
3. Being on our toes
4. Body positioning so we can see where the ball is coming from and where we are passing to

Progression

See if players can switch on the fly by following their pass. There is a lot of movement in this and it might be too much



2v1

Instructions

2v1 with two goals on either endline. Ball will be passed from the defender to the attacking players to start the 2v1.

Coaching Points

1. Can we use our change of direction and speed to beat the defender
2. Can we use the change of direction to create space to pass to our teammate
3. Receiving the ball and directing it toward the direction we want to go

