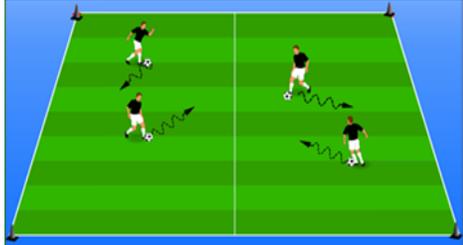
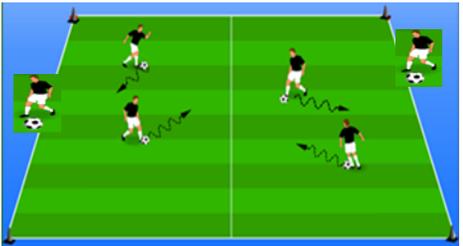




Week 1 Coaching Staff Practice

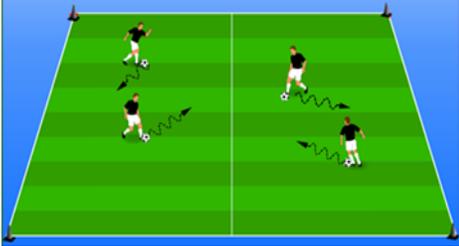
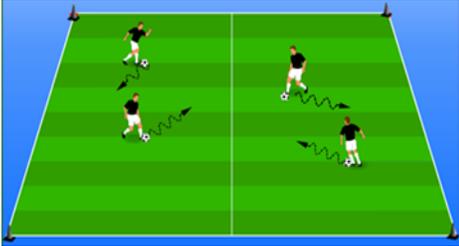


Warm up	Organization & progression	Coaching points
	<ul style="list-style-type: none"> • Everyone in a square with a ball • 4 cones • Space is determined by the amount of people • As an estimate, the grid for 10 people should be 15x15 • Right foot only • Left foot only • Turn • Chops • Foundations • Toe touches 	<ul style="list-style-type: none"> • Ball should be close to feet • Keep head up • Knees bent • Using all parts of foot • Keep head down • Ball runs too far away • Standing upright • Opening body when turning • Chops the ball 90 degrees
<p>Dribbling activity - Windows</p> 	<ul style="list-style-type: none"> • Similar to above • Players are on inside and outside of square • Players on the inside have the ball • Dribble to players on outside and now player on outside has the ball and dribbles inside the square • Find someone without the ball 	<ul style="list-style-type: none"> • Ball should be close to feet • Keep head up • Knees bent • Using all parts of foot • Keep head down • Ball runs too far away • Standing upright • Opening body when turning • Chops the ball 90 degrees • Communicate you don't have a ball
<p>Scrimmage – Emphasis on dribbling</p>  <p>In the scrimmage if dribbling into danger occurs, please address this with the individual soccer player by asking questions with a natural pause in play.</p>	<ul style="list-style-type: none"> • 4v4 to small goals • Kick ins and no corners • Give player space with a goal kick • No GK's 	<ul style="list-style-type: none"> • Ball should be close to feet • Keep head up • Knees bent • Using all parts of foot • Keep head down • Ball runs too far away • Standing upright • Opening body when turning • Chops the ball 90 degrees

The practice above has three simple elements. The practice enables maximum touches while allowing the players to learn the basics of technique. The practice has an emphasis on dribbling. It also has a lot less downtime of picking and setting cones for each activity.



Week 2 Coaching Staff Practice

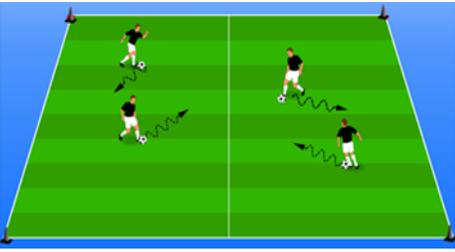
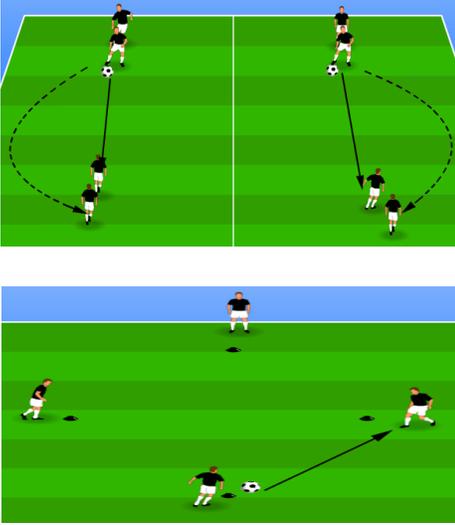
Warm Up	Organization & Progression	Coaching Points
	<ul style="list-style-type: none"> • Everyone in a square with a ball • 4 cones • Space is determined by the amount of people • As an estimate, the grid for 10 people should be 15x15 • Right foot only • Left foot only • Turn • Chops • Foundations • Toe touches 	<ul style="list-style-type: none"> • Ball should be close to feet • Keep head up • Knees bent • Using all parts of foot • Keep head down • Ball runs too far away • Standing upright • Opening body when turning • Chops the ball 90 degrees
Passing by numbers		
	<ul style="list-style-type: none"> • 4 people to a small square • Each one has a number • Pass and move in the square • Passing to each number in a sequence – 1-2-2-3-3-4-4-1 • Change the numbers after a certain time • Elongate cones to make passes longer • See how many times you can complete the sequence in 1 min/30secs 	<ul style="list-style-type: none"> • Foot pointing to contact • Kicking foot is square on • Ankle locked • Follow through towards target • Head up to see where to pass • Hips square on • Reaching to pass • Wet noodle • Approaching ball from wrong angle • Non-kicking foot is pointing away from contact • Hips pointing in different positions
Scrimmage		
	<ul style="list-style-type: none"> • 4v4 to small goals • Kick ins and no corners • Give player space with a goal kick • No GK's 	<p>Individual dribbling coaching points are still relevant, while also looking at their passing technique. If a dribble occurs when a pass is a different option, please address with player at a natural stoppage.</p>

This practice has aspect of dribbling and passing. We are still focusing on the basics. It has some downtime on setting each square for the sequence passing but is minimum. In the scrimmage we are starting to look at decision making with regards to when to pass and when to dribble. It also introduces the concept of pass and move.



Week 3 Coaching Staff Practice



Warm Up	Organization & Progression	Coaching Points
	<ul style="list-style-type: none"> • Everyone in a square with a ball • 4 cones • Space is determined by the amount of people • As an estimate, the grid for 10 people should be 15x15 • Right foot only • Left foot only • Turn • Chops • Foundations • Toe touches 	<ul style="list-style-type: none"> • Ball should be close to feet • Keep head up • Knees bent • Using all parts of foot • Keep head down • Ball runs too far away • Standing upright • Opening body when turning • Chops the ball 90 degrees
Passing Combinations		
	<ul style="list-style-type: none"> • 3 people with 1 ball facing each other about 5 yards apart. • 1st player plays a pass opposite and then runs opposite and goes behind the players • We can now go to a diamond with each player • Same aspect of passing and moving but this time receiving the ball on the <i>back foot</i> 	<ul style="list-style-type: none"> • Foot pointing to contact • Kicking foot is square on • Ankle locked • Follow through towards target • Head up to see • Hips square on • Reaching to pass • Wet noodle • Approaching ball from wrong angle • Non-kicking foot is pointing away from contact • Hips pointing in different positions
Scrimmage		
	<ul style="list-style-type: none"> • 4v4 to small goals • Kick ins and no corners • Give player space with a goal kick • No GK's 	<p>Individual dribbling coaching points are still relevant, while also looking at their passing technique. If a dribble occurs when a pass is a different option, please address with player at a natural stoppage. If a player passes and stays still, at a natural stoppage we can remind them to move after the ball, especially if he played the ball to a striker who was then 1v3</p>

This practice is all about passing and moving. The second stage encourages this while also encouraging receive the ball with the back foot which is imperative in soccer. It has minimal lines and downtime for cones.