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# Section 1

## Warm Up’s / Developmental Games

|  |  |  |  |
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| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| **a) Follow the leader** | **Whole team follows the coach around field**   * **Without ball** * **With Ball**   **When coach blows whistle players must be 3 steps away or must do Forfeit** | **Coach = Sharp turns walking, Jogging, Running.**  **Forfeit = 10 touches on ball with feet or “Whoopees”** |  |
| **b)Traffic Lights** | **All players with ball…**  **Red Light = STOP**  **Green Light = GO**  **(Specify Type of Dribble)** | **Close Control**  **Head Up**  **Use both feet**  **Red Light = Immediate foot on ball** |  |
| **c) Gate Dribble** | **2 x Cones = Gate**  **Make 5 gates spread around field. On whistle or “GO” How many gates can you dribble through?** | **Small touches means less chasing after ball.**  **Inside of foot to push ball through Gates.**  **Head Up** |  |
| **d) Soccer Tag** | **Coned area 20 x 20**  **Coach starts as “IT”. Players must dodge coach if tagged join coach. Last one tagged = Winner**  **With ball……**  **Coach who is “IT” Must hit players ball with their ball to make them join him/her. (Passing)**  **Ball out of area = “IT”**  **“IT’s” ball out of area = Whoopees** | **Call it Name…..**  **“Pokemon & the monsters”**  **Change of pace**  **Move to space**  **Close Control**  **Small touches**  **Dribble for space**  **Avoid corners** |  |
| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| **e) Empire State**  **Building**  **f) Helicopter Pad** | **Coned area 15 x 15**  **All players with ball Dribbling**   * **“Inside” = Inside Feet** * **“Outside” = Outside Feet** * **“Soles” = Bottom of** * **Feet** * **“Knee” = On Ball** * **“Stop” = Foot on Ball** * **“Change” = Switch Balls** * **“Superman” = Off Building** * **“Spiderman” = Climb Up** * **“Turn” = Change direction** * **“Go” = Continue**   **Additional cones in center creating smaller area** | **Small touches**  **Many Touches**  **Head Up**  **Dribble to Space**  **Keep ball close**  **Ball off building = ‘Whoopees’5**  **Do not use all commands at once!** |  |
| **g) Super Sonic**  **Knockout** | **As Above But when**  **“Super Sonic Knockout” is called players guard their ball while trying to knock out all the other balls.**  **When ball knocked out collect it & wait on the edge of building** | **Feet only**  **Show shielding technique** |  |
| **h) Cone heads**  **i) Stay Alive** | **As above, but with selected defenders (without ball)**  **As above, knocked out players must stand in grid with ball on head and legs open shouting ‘help’**  **Ball through legs = Rejoin game** | **Attackers:**  **Close control**  **Head Up/Awareness**  **Shield ball**  **Defenders:**  **work together**  **Double team better players**  **Communication**  **Awareness**  **Controlled passing** |  |
| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| **j) Crab Soccer** | **20x20**  **Players to dribble ball past coach, who is in crab position**  **Lost soccer ball player becomes crab with coach** | **Close control**  **No kick and run**  **No lofting ball**  **Speed and fakes** |  |
| **k) Jurassic Park** | **Coned Areas:**  **Dinosaurs Nest, Bridge, Safe House, Jungle**  **Players to capture eggs (soccer balls) and dribble back to safe house** | **Close control**  **Listen to instructions**  **Quick reactions** |  |
| **l) Soccer Marbles** | **Two Teams 10 yards apart**  **Each player with a ball passes to hit marble ball into other teams zone** | **Accurate pass**  **Correct technique**  **Passes on ground**  **Quick recovery of ball** |  |
| **m) Soccer Golf** | **Set Cones up as golf greens**  **How many passes to complete course?** | **Accurate Passes**  **Weight of Pass**  **Awareness of Hazards** |  |
| **n) Star Wars** | **Players (Rebels) to run/dribble down death star trench avoiding lasers - passed soccer balls from Coach (evil empire).**  **Captured rebels join empire.** | **Rebels: dribbling (see above)**  **Empire: Accurate passing** |  |
| **o) Defend the**  **Castle** | **Players (Robin Hood’s merry men) outside circle with soccer ball shooting at castle (Balls on cones)**  **Defenders (Nottingham Soldiers) protect castle.** | **Players:**  **Accurate shooting (Toe-Knee Chin)**  **Ball on ground**  **Quick dribble retrieval**  **Defenders:**  **Quick feet**  **Awareness**  **No hands** |  |
| **p) Duel** | **Two teams, numbered players**  **Selected player/s run from zone to attack, win ball and score** | **Quick reactions**  **Positive attitude**  **Challenge for ball**  **Composure** |  |
| **q) Return of the**  **Jedi** | **1/2/3 teams**  **Players must dribble around minefield, pass/shoot main reactor and escape** | **See above for…**  **Dribbling/Passing/Shooting** |  |

# Section 2

**Dribbling/Turns/Control/Beating a player (1v1)**

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| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| **a) Dribble warm up** | **All with ball on line moving forward using:**  **Inside, Outside, bottom, laces**  **Incorporate turns and control** | **Close control**  **Head up**  **Small touches**  **Use both feet**  **No kick and run** |  |
| **b) One on One** | **In pairs facing each other**  **Player 1 passes ball, Player 2 stops ball and retreats**  **Repeat 7 times**  **As above but high feed from hands** | **Firm pass**  **Players talking**  **On toes**  **Inside foot**  **Good control**  **i) Volley control**  **ii) Thigh Control**  **iii)Chest Control**  **iv) Volley Pass (first time)**  **v) Thigh & Volley**  **vi) Head** |  |
| **c) 45 second madness** | **Feeders round center circle with ball each. Players in middle must call and receive pass, control and pass back. How many in 45 seconds?**  **As above but variation feed from hands**  **Player dribbles towards feeder on edge, quick wall pass and dribbles to middle making quick turn and heads to different feeder on edge. How many in 45 seconds?**  **Player passes to player on edge and calls ‘switch’ or ‘wall pass’** | **Good movement**  **Check towards ball**  **Communication**  **Change of pace**  **Control = Ready to pass back**  **Players around edge on toes, underarm feeds**  **Good dribbling**  **Communication**  **Good Pass**  **Player points where to receive ball**  **Feeder on edge calls ’Time, Turn’**  **Player on edge on toes**  **Good passing**  **Early communication**  **Switch if tired**  **Middle players quick dribble & good turns** |  |
| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| **d) Fake to score**  **1 v 1**  **e) Beating a player 1 v 1**  **f) Gauntlet** | **Cones 5 yards apart**  **Partners facing each other either side of line without ball**  **Attacking player must beat defender to touch cone using fakes and change of pace**  **As above, add ball**  **5x10 grid**  **Attacker beats defender to corner with ball using fakes and change of pace**  **15x40 channel containing two defenders and a goalkeeper.**  **Attackers beat defenders and scores** | **Defender cannot cross line**  **Attacker touches cone to score using drop of shoulder and change of direction**  **Attacker stops ball by cone to score**  **Defender cannot stop ball, must stand on cone to stop scoring**  **Defender walks towards attacker in straight line and cannot tackle**  **As above but running at attacker and cannot tackle or move backwards**  **As above but only tackle if attacker mis-controls ball**  **Defender can tackle but cannot go backwards**  **Positive Attitude**  **Speed-Straight-Accelerate**  **Controlled touch past defender**  **Composed finish**  **Defender forward movement only** |  |
| **g) Crab soccer** | **See AYSO clinic stage 1** |  |  |
| **h) Coerver Turns** | **15x15 Grid with cone in center and ball on top. Players from each corner dribble to center in unison and perform turn away from cone, dribble back to corner**  **Inside**  **Outside**  **Stop**  **Dragback**  **Cruyff**  **Stepover**  **Del Piero**  **Relays of Above** | **Good dribbling**  **Awareness**  **Hot feet**  **Quick turn**  **Accelerate** |  |
| **i) Conditioned Scrimmage 1.** | **No Goals, 4 scoring pods**  **Must stop ball in pod to score** | **As above** |  |

# Section 3

### Possession Play / Distribution

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| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| j) Numbers Drill | **Players Numbered, must pass in sequence, follow pass**  **Nobody stands still**  **Develop to 2 then 1 touch** | **Awareness**  **Communication**  **Movement off the ball**  **Good passing** |  |
| **k) Circle of intensity** | **Players in circle, 3 balls**  **Pass across circle & follow pass.**  **1 Player in middle of circle**  **2 balls. Pass into circle control and distribute to new player.**  **Look for second ball!**  **2 Players in middle of circle**  **2 balls. Pass into circle, player 1 controls the ball, player 2 lays off to new player. Look for second ball.**  **Players in circle passing 1 ball in clockwise direction. Player must pass to 2nd player along who lays ball off to the 1st player along who repeats the sequence.**  **Add 2nd ball and players must pass counter clockwise when ‘switch’ is called.**  **Add 3rd ball**  **Two defenders go into middle of circle trying to intercept pass. Defender swaps with attacker who loses possession.**  **Vary number of touches player is allowed.** | **Collision of balls = forfeit**  **Hot Feet on edge of circle**  **Information from players on edge.**  **Move toward ball**  **Work together**  **Awareness**  **Communication**  **First time pass** |  |
| **l) Neutral Switch**  **6 v 6** | **60x30 field**  **Two Neutral Players stand in a zone at opposite ends of field.**  **To score, team must pass ball from one neutral player to the other, without the opposite team touching the ball.**  **Neutral players give ball to team they received pass from, no other players are allowed to enter the zone** | Composure when in possession, awareness, communication, good early passes, pass backwards to go forwards! |  |
| **m) Conditioned Scrimmage 2**  **(Gate game)** | **Regular size field, no goals.**  **Pass ball to teammate through gate to score in any of the five gates.** | Do not try and force the ball through a gate, if defender covering turn and switch the ball towards a different gate! |  |
| **n) Conditioned Scrimmage 3**  **(Hit Cone over)** | **As above (2) but instead of gates use 2 tall cones. Team needs to make 3 passes before trying to knock down cone.** | Be patient keep passing and switching ball to create space near cone. If players find it difficult :No tackling interceptions only! |  |

**Section 3**

### Shooting & Attacking

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| --- | --- | --- | --- |
| **Exercise** | **Description** | **Coaching Points** | **Diagram** |
| o) Shooting at goal, No collection of balls | **3 goals & goalkeepers side by side in middle of field.**  **Shooters both in front and behind keepers, first 3 shooter go then keeper turns and shots ready next 3 go. Keeper saves they roll ball back to player, player scores group behind keeper collects.** | **Watch ball**  **Toe-Knee-Chin**  **Laces for Aces**  **Follow through**  **Start with accuracy and build up to power** |  |
| **p) Pass and Shooting moving ball** | **2 groups at edge of goal area, coach on penalty spot (ball each). Pass to coach, first time lay-off, strike first time.**  **Alternate groups, left and right feet.** | **Insist on good pass**  **Don’t run past the ball**  **Hit with head down & laces**  **Accuracy not power** |  |
| q) Movement – Checking back to the ball for shot | Move around cone(s) before taking shot.  **Develop to 1v1 attacking same ball attempting to get shot on same goal.**  **As above but make cross over run before going to the ball** | Sharp turns **Plant non-kicking foot**  **Speed and positioning**  **Do not dribble**  **Hit the target!**  **Sharp change in speed to lose defender** |  |
| **r) Side foot finishing** | **Outlet pass in front of wide player, 2nd touch cross pull back to edge of goal area. Passer makes run around cone and into ball – Side foot finish.** | Overlapping runs, good first touch setting yourself up for the cross. Strike around the ball to pull it back |  |
| **s) Power/Control**  **finishing** | **Balls to left & right of goal area. Ball passed to edge of area from one side (shoot with power), after shot second ball passed in to the path of the shooter (side foot towards corners)** | **Hit the target with both shots.**  **Plant foot next to ball especially first shot.**  **Excellent for keeper reaction training!** |  |
| 1. **1 v Keeper** | **Similar to MLS shoot out after tied game. Player has X seconds to attack keeper and score. Keeper can stay on line or approach to force attacker wide and narrow the angle.** | **Speed and confidence in dribbling the ball.**  **Make a decision and go with it, do not change mind at the last minute!**  **Attack straight leaving 2 options.** |  |
| 1. **Break-aways** | **As above but defender chases down attacker.**  **Start with attackers making cross field run then reacting to a through ball.**  **Develop with 2 attackers making runs** | **Attacker dribble across path of defender forcing he/she to slow down or commit a foul.**  **Attacker runs away from ball, across front of the defender then cuts back behind defender after ball has been played through.**  **GO FOR GOAL!** |  |
| 1. **Attacking:**   **4 v 1, 4 v 2, 3 v 1, 5 v 2** | **Use different re-starts to begin attacking play: Throw-in, corner, bad goal kick or free kick** | **Look for option to get the ball wide, stay away from crowded area, look for quick switches across the field.** |  |

**Remember fundamentals are the key to any team’s success!**

**“You are only as good as your weakest player.”**

**Learning, Improvement & Fun should always be on your mind!**

**Good Luck.**