

Week 2 Instructions (U11-U12)



PREPARATION

15 x 15 area

PLAYERS

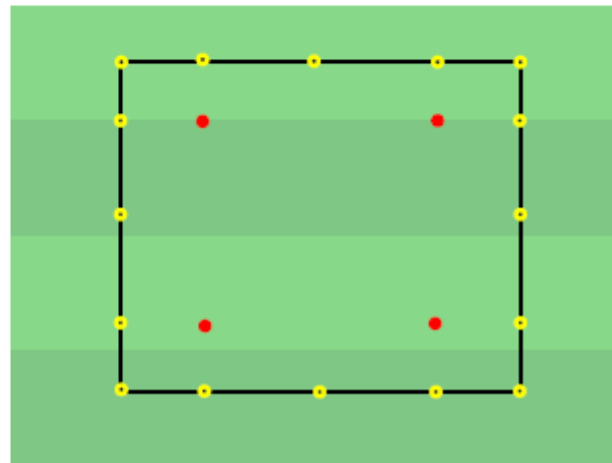
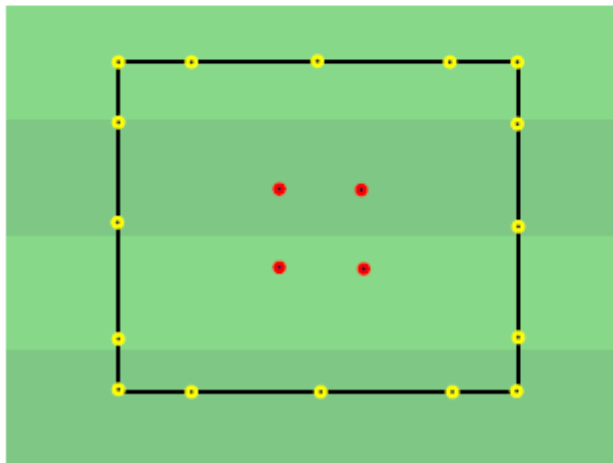
1 players

INSTRUCTIONS

Setup: Use 16 cones to create a 15yd x 15yd box as shown in the attached images. You will need a cone three yards off each corner in each direction for the second drill of the night.

The first drill is "Crash the Middle," which requires a 2yd x 2yd box in the center (red cones, first image).

For the "Four Corners" drill, use the four cones from the middle box (red cones) to create four small boxes at each corner of the overall grille (second image).



Toe Taps (Rec League)



PREPARATION

Ball

PLAYERS

1 players

INSTRUCTIONS

Have the player use the sole of their feet to tap the top of the soccer ball then quickly switch feet so the opposite foot touches the top of the soccer ball.

COACHING POINTS

- Maintain good balance to be able to switch feet faster
- Speed up your feet to be able to tap the top of the ball as much as possible



Tick Tocks (Rec League)



PREPARATION

Ball

PLAYERS

1 players
(1 ball per player)

INSTRUCTIONS

Each player should have a ball. Player should tap the ball back-and-forth between their feet. Use the inside of both feet to contact the ball. Ball should move side-to-side. Player should remain stationary.

COACHING POINTS

- Control the speed of the ball from one foot to the other
- Make the ball move a big distance
- Rock from one standing foot to the other



Pull Back Turn



PREPARATION

Ball

PLAYERS

1 players

INSTRUCTIONS

Use the sole of your shoe to stop and pull the the ball back toward the direction you were coming from. When pulling the ball back, turn toward the ball not away from it. Try to keep the ball close when making this move.

To practice, line players up and have them dribble from one point/line to another. Perform the pull back turn at the opposite point/line and return to the starting point. Can also be done during a free dribble session with the player performing the turn at the coach's direction.



COACHING POINTS

- Roll the ball backward with the bottom of your foot
- Turn toward the ball, not away from it
- Maintain control of the ball

Crash the Middle



PREPARATION

Cones, Balls

PLAYERS

4 players

INSTRUCTIONS

Players should line up at a perimeter cone in either a box or circle shape. At the coach's direction, players should dribble with speed and control toward the center of the box. As they approach the center box, they should slow down and perform a pull-back turn (or other turn as instructed). After successfully completing the turn, the players should accelerate out of the turn and dribble with speed back to their starting point.

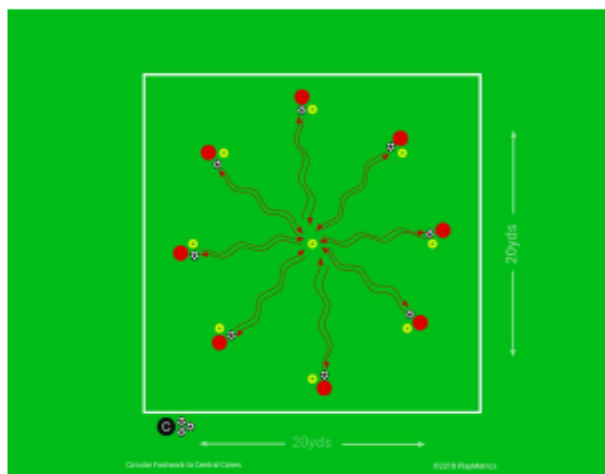
Players should repeat this process from starting point to central box and back to starting point for the duration of the rep. Reset players on the perimeter box/circle to start each rep.

Variation: Have players dribble toward the center box and perform a turn to dribble toward a different cone than where they came from. The cone they choose to dribble to must be unoccupied.

COACHING POINTS

- Perform all moves at a high intensity
- Control all touches and how the ball moves
- Slow down when getting ready to make the turn
- Dribble with speed after making the turn

Step 1



Four Corners



PREPARATION

Cones, Balls
15 x 15 area

PLAYERS

1 players

 **5** min

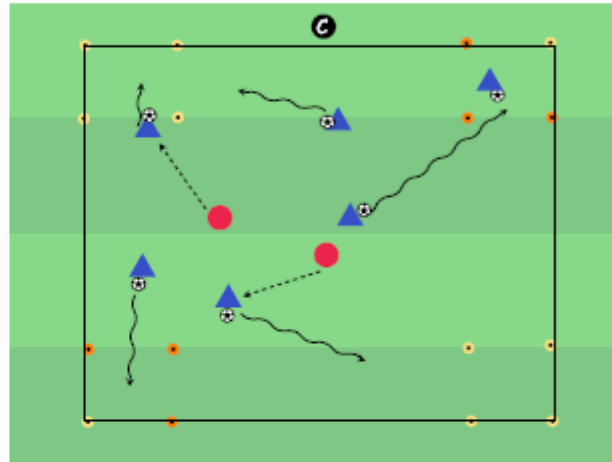
5 reps
1 min +

INSTRUCTIONS

Place a 2yd x 2yd box in each corner of a 15x15yd grid. Select two players to start without a soccer ball (for fewer players, you may need choose only one player to start without a ball or have the coach participate).

When the coach says, "Game On!" players with the ball will try to dribble to one of the corners of the grid. For each grid they reach and stop the ball, they earn one point. While in the corner, they are safe and cannot have their ball stolen. Only players with a ball can score a point.

Players without a ball will try to steal the ball from any player who has one. If a player loses a ball, they can either try to steal their ball back or steal from any one of the other dribblers.



COACHING POINTS

- Key Words: Use your laces. Use the inside or outside of your foot.
- To keep possession, perform a skill move, change direction, or use your body to protect the ball.
- Guided Questions: When is it a good time to run to the next box? Why should you stop the ball and turn to a new box?
- Answers: When your opponent is not ready or not looking, get to the next box as fast as you can. If a box is too crowded or closed by an opponent, stop your ball and turn toward another box.