

Week 4 Instructions (U11-U12)



PREPARATION

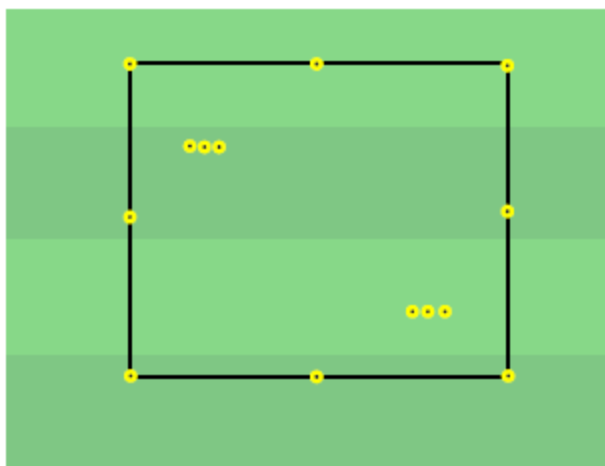
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 15yd x 15yd box. This will be used for both drills tonight. No other setup required.



Sole Role Stop



PREPARATION

Ball

PLAYERS

1 players
(1 ball per player)

INSTRUCTIONS

Use the sole of one foot to move the ball sideways towards your opposite foot, use the inside of the opposite foot to bring the ball to a stop. Repeat using the other foot to sole role the ball back the opposite way.

COACHING POINTS

- Move the ball as big of a distance as possible
- Bring the ball to a sudden stop
- Move the ball as fast as possible whilst maintaining control



Dummy Step (Body Feint)



PREPARATION

Ball

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

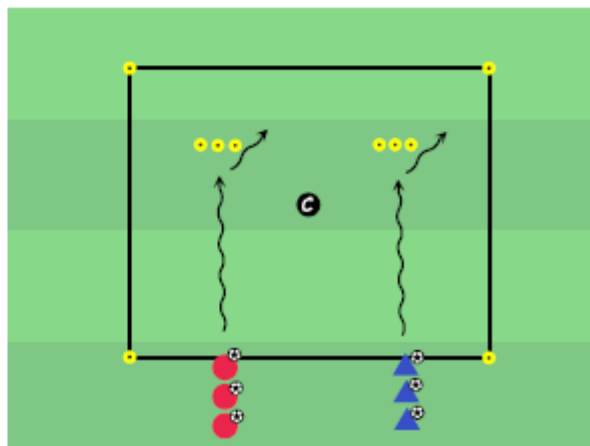
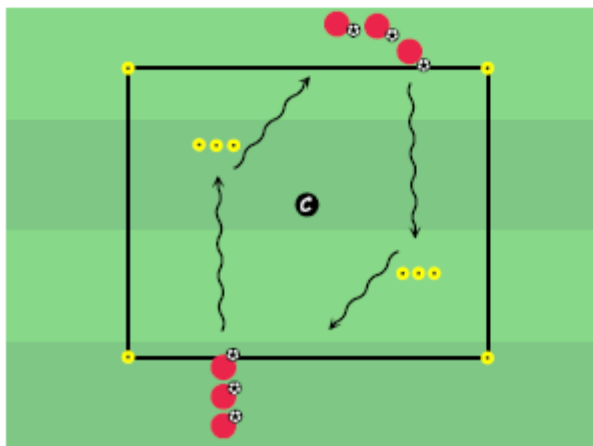
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of the box. The next player in line should wait for the player in front of them to perform the dummy step before taking their turn. (Image 1)

An alternate setup is simply having the players all line up on the same side of the box, one or two lines depending on the number of players available. After performing the dummy step, the player should dribble to the back of the line they came from.

Players should dribble toward the defender (cones) and then, before reaching the defender, perform a step to their right or left without the ball to pretend to be running in that direction. Then, lunge back the opposite direction using the outside of their opposite foot to kick the ball forward in the direction that are actually running. See attached video for an example.

COACHING POINTS

- Fake by dropping shoulder and knee when pacing plant foot
- Use the outside of the opposite foot to push the ball forward after performing the move
- Accelerate out as soon as your foot hits the ground



Footwork: Scissor



PREPARATION

Ball

PLAYERS

1 players
(1 ball per player)

INSTRUCTIONS

Place plant foot a slight distance away from the ball. Use the other foot to move around the front of the ball and then push out using the outside of your plant foot.

COACHING POINTS

- Fake by dropping shoulder and knee when pacing plant foot
- Fake again by throwing your foot around the front of the ball
- Accelerate out as soon as your foot hits the ground



2v2 Keep Away



PREPARATION

Cones, Balls
10 x 10 area

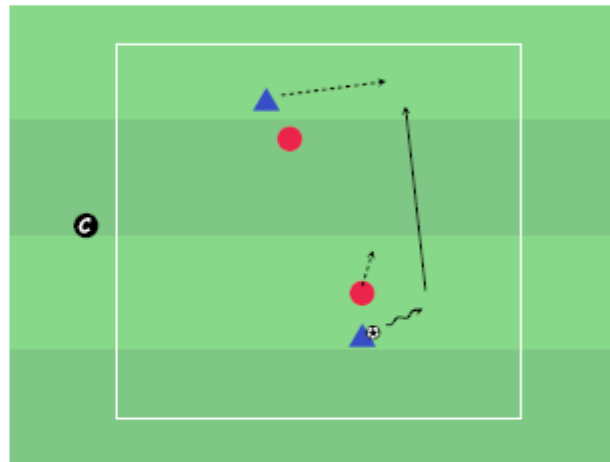
PLAYERS

6 players

INSTRUCTIONS

One ball per game. Players are divided into teams of two for a game of keep away. Player with the ball can dribble and pass to a teammate to keep the opponent from stealing the ball. Teammate without the ball should be moving into space (getting open) to be able to receive a pass.

If the team without the ball gains possession, they now try to keep the ball away from the team that just lost it. Depending on numbers, you may need to rotate subs into the drill.



COACHING POINTS

- What should we be doing without the ball?
Moving into space. Communicating with teammates.
- What are some ways to protect the ball?
Dribbling away from danger (an opponent).
- What should the defending player nearest the ball be doing? Applying pressure to the ball.
- What should cover player be doing?
Communicating to pressure and filling gaps to prevent passing penetration.

4v2 Possession



PREPARATION

Ball, Cones
8 x 8 area

PLAYERS

6 players

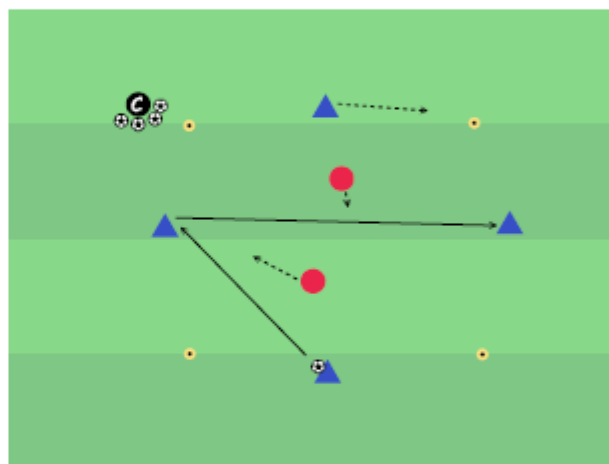
6 min

3 reps
2 min +

INSTRUCTIONS

Play begins when coach plays the ball into one of the offensive players. The offensive players can move side to side on their line and must possess the ball around the exterior. If the offensive player loses the ball, they switch places with the defensive player who stole the ball and play resumes.

After each rep, rotate players who have not played offense/defense yet.



COACHING POINTS

- Ball speed of passes - firm strike to teammate to avoid being intercepted
- First touch - away from pressure
- Decision making - How many touches? Who to pass to?
- Movement to provide passing lane
- Body position open to receive the ball
- Look downfield - Understanding when & how to split/break lines