

Week 5 Instructions (U11-U12)



PREPARATION

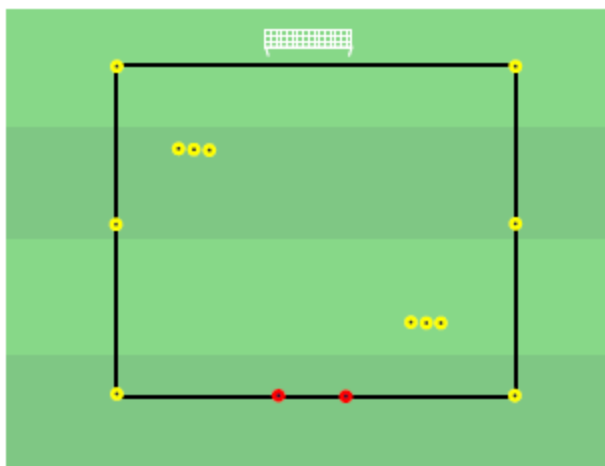
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 6 cones to create a 15yd x 15yd box as shown in the attached image. One end of the box should be a goal. On the opposite end of the box, you'll need to create a small gate/goal using cones.



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

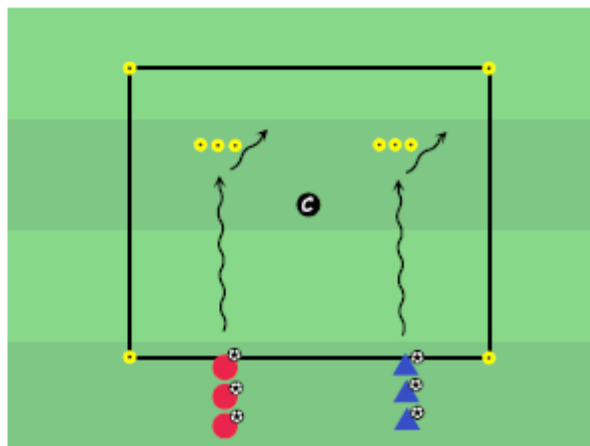
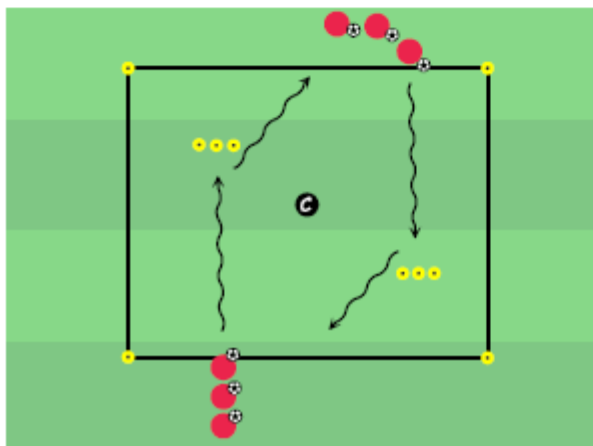
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of 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



1v1 to Goal



PREPARATION

Cones, Balls
15 x 15 area

PLAYERS

2 players

INSTRUCTIONS

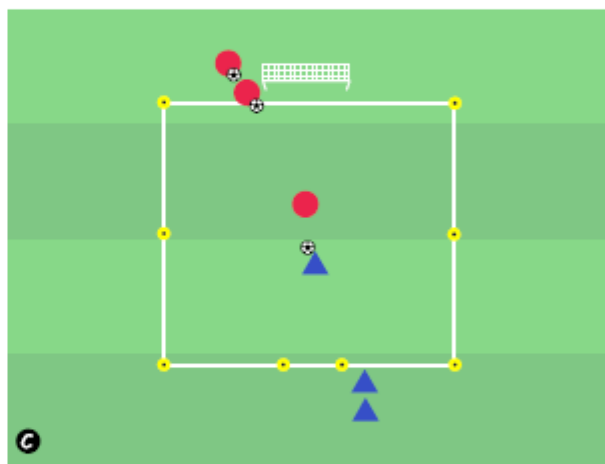
Set up a 15x15 yard field using 6 to 8 cones to create a grid with goals on each end and split the players into 2 groups, one group on each end of the field.

One side starts with the balls and are the defenders. One defender plays a ball across to an attacker and starts a 1v1. As soon as the 1v1 is over both players switch roles, going to the back of the line at the opposite end of the field.

Use either a goal or pair of cones to form a small goal on each end of the field.

COACHING POINTS

- Attack with speed
- Use skill moves to get around the defender
- Get a shot off as soon as the ball can see the goal



2v1 to Goal



PREPARATION

Cones, Balls
15 x 15 area

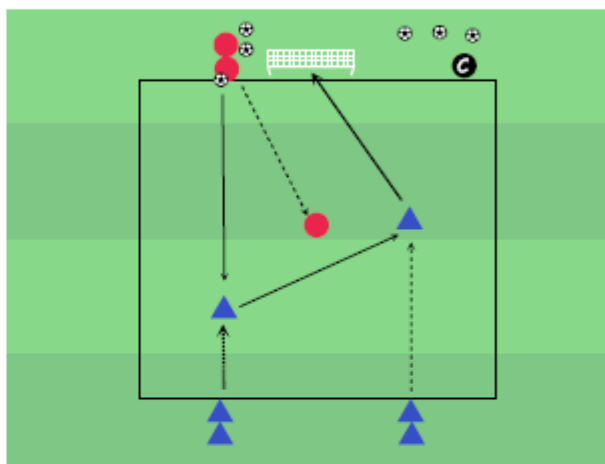
PLAYERS

6 players

INSTRUCTIONS

Divide the team into 2 groups - one on attacking side and the other on the defending line. The first defender plays the ball out to one of the attacking players and approaches to defend. The attacking players must work as a team to progress the ball around the defender to get a shot on goal. The defender will attempt to clear the ball away.

Perform several reps before rotating positions (right attacker to left attacker to defender) within the allotted time.



COACHING POINTS

- Attack: How can the attacking players draw the defender out of position?
- Attack: How can the attacking players progress the ball around the defender?
- Attack: What should the player without the ball be doing?
- Defender: What is the appropriate defensive stance?
- Defender: How can you limit the space of the attackers?
- Defender: Should we be patient or commit right away?