

Week 1 Instructions (U13-U14)



PREPARATION

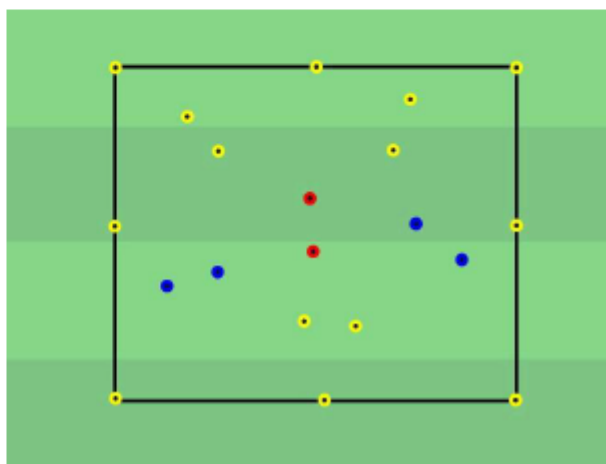
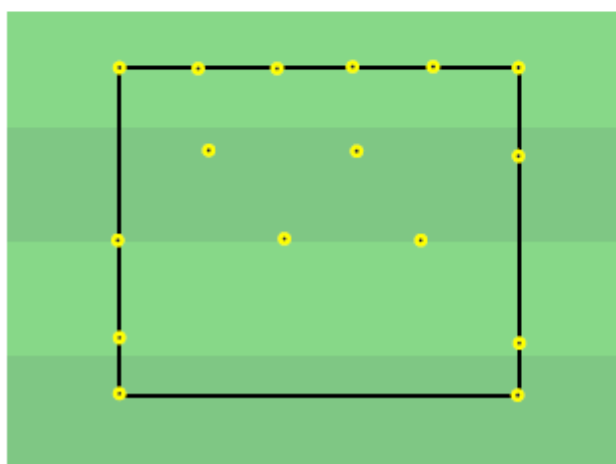
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 16 cones to create a 15yd x 15yd box as shown in the first image. This setup will cover the three dribbling stations used in the first drill, "Dribbling Circuit." After the first drill, use some of the cones to create the gates for the second drill (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

Dribbling Circuit



PREPARATION

Balls, Cones

PLAYERS

1 players
(1 ball per player)

INSTRUCTIONS

Each player has a ball. To maximize time for each player in the drill, divide the players into two or three smaller groups and start each group at a different location as shown on the diagram. Players will run the entire circuit continuously, pausing only if they reach the back of a line at any of the three stations.

Station A - Player dribbles through the cones with various parts of their foot at the coaches direction.

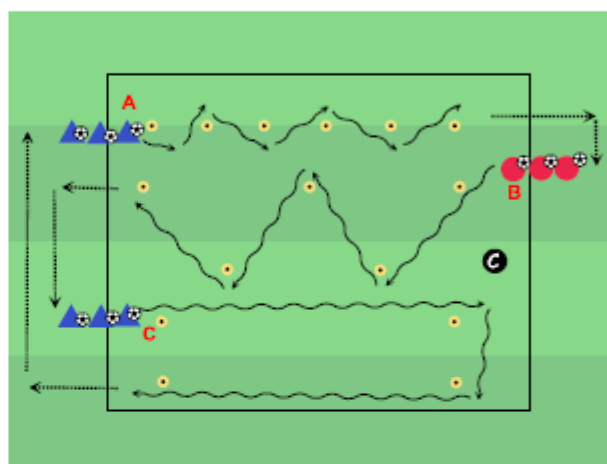
Station B - Player dribbles in a wider zig-zag direction around the cones. Turning around these cones should invite the use of the inside and outside of the foot.

Station C - Player dribbles from end to end around the outside of the box with speed.

Players will advance to the back of the line at the next station. After completing Station C, players move to the back of the line at Station A (Station A to B, B to C, C to A, repeat)

COACHING POINTS

- Touch the ball with different parts of the sole.
- Keep the ball close as you dribble.
- Dribble at your highest intensity.



Through the Gates



PREPARATION

Balls, Cones
20 x 20 area

PLAYERS

1 players
(1 ball per player)

 **3** min

3 reps
1 min +

INSTRUCTIONS

Set up a series of cones (2 cones = 1 gate) around the grid. Each player has their own ball. Players should dribble around within the grid and through as many gates as possible in the allotted time. They can not go through a gate if another player is already there.

At the conclusion of each rep (during brief rest period), ask the players how many points they scored. Encourage them to beat that number on the next rep.

3 reps of 1 minute each with a 30 second rest between reps.

COACHING POINTS

- How do we know which way to go to score a point? (eyes up)
- Move fast between the gates (keep control)
- Slow down to make it through the gate when we get close (don't miss)

