

Week 2 Instructions (U13-U14)



PREPARATION

15 x 15 area

PLAYERS

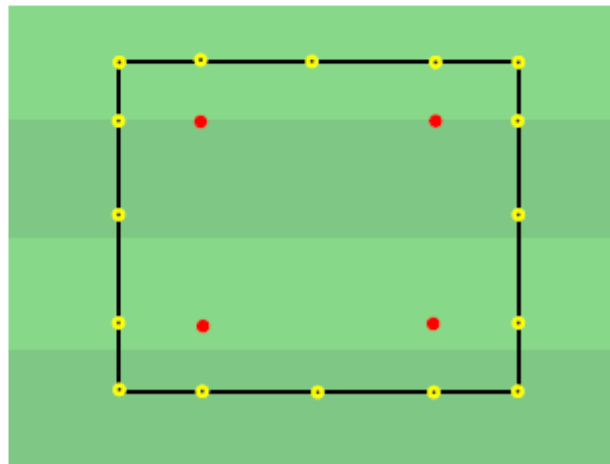
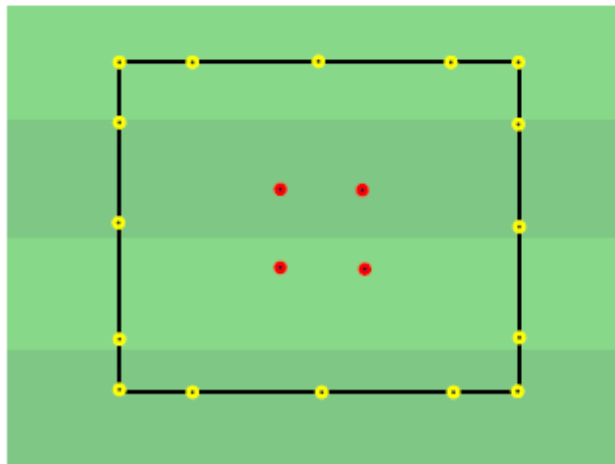
1 players

INSTRUCTIONS

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

When doing "dummy steps" and "scissors," instead of having a three-cone defender as shown in the drill, simply have players perform the move as they dribble toward their coach or one of the cones in the center box (red cones).

"Crash the Middle" 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).



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

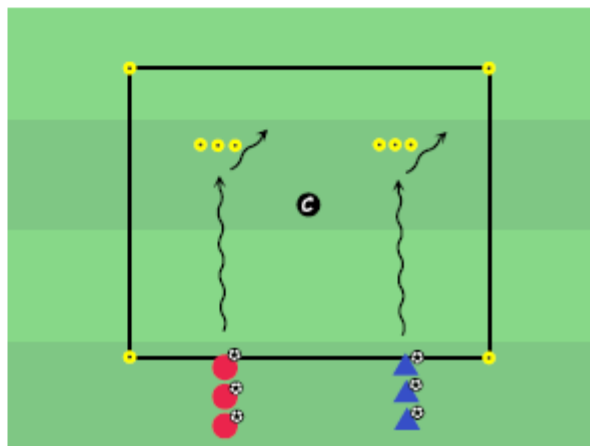
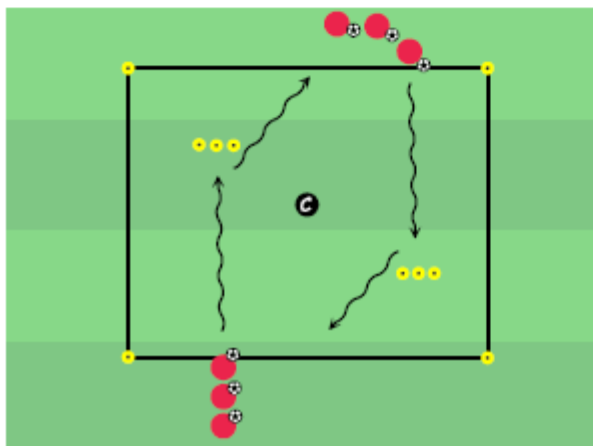
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of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



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.

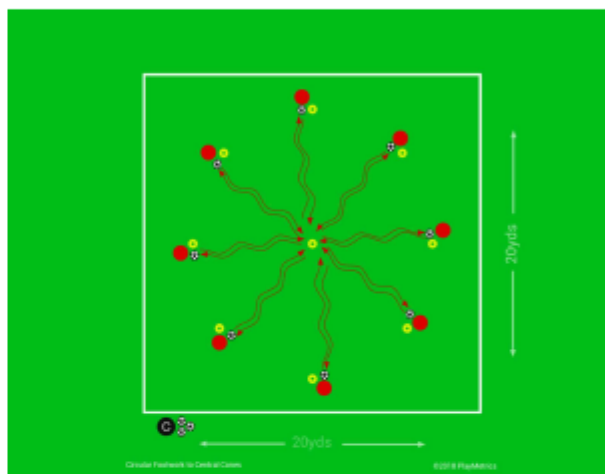
Players should repeat this process from starting point to central box and back to starting point for the duration of the rep. Reset players on the perimeter box/circle to start each rep.

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**

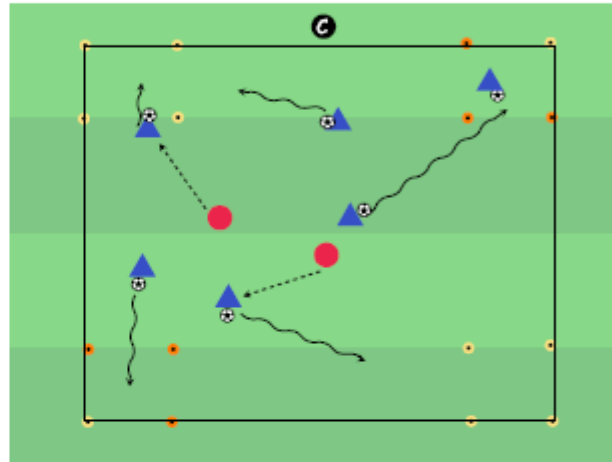
5 reps
1 min +

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.