

Week 3 Instructions (U13-U14)



PREPARATION

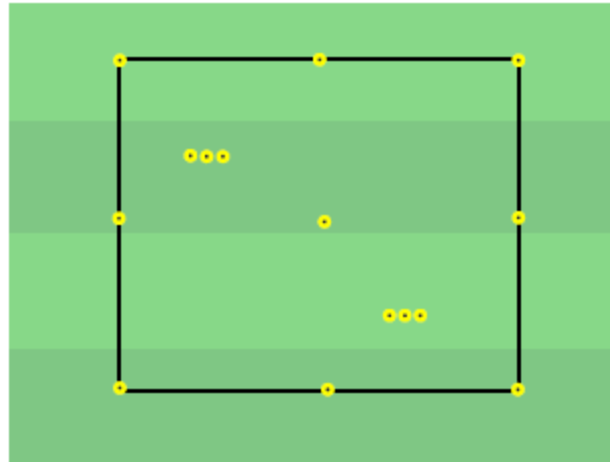
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 8 cones to create a 15yd x 15yd box as shown in the attached images (yellow cones). You'll need to create two "defenders" by placing three cones side-by-side as shown in the first image. Place a cone in the center of the box to be used during the "Pass and Move" drill. Remove all interior cones for the "Box Dribbling & Combinations" drill.



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

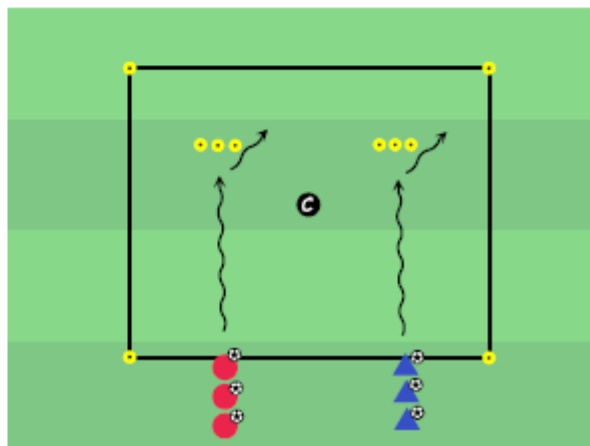
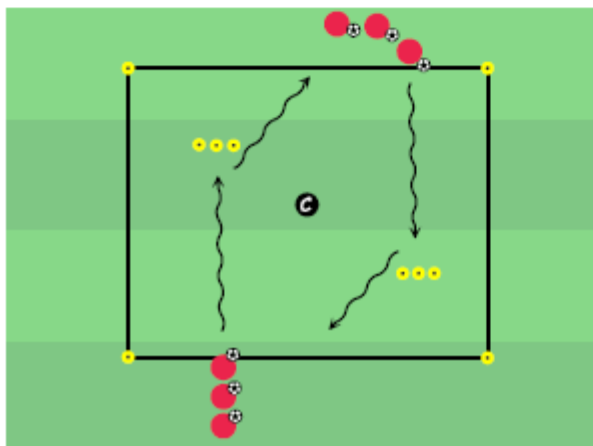
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of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



Pass & Move



PREPARATION

10 x 10 area

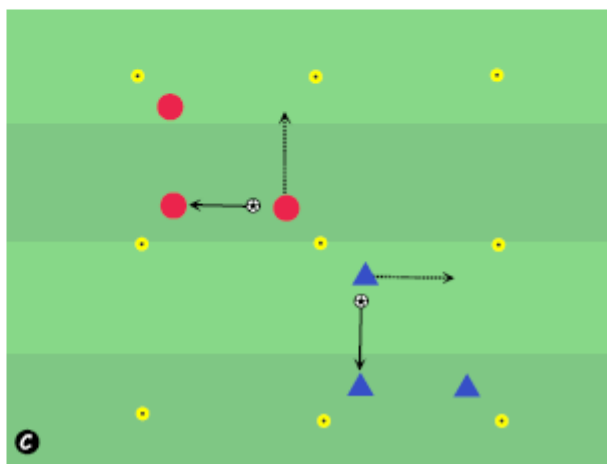
PLAYERS

3 players
(1 ball per group)

INSTRUCTIONS

If numbers allow, use two of the four smaller boxes within the grid. Otherwise, this drill can be done in the full 10v10 box and rotate in subs each minute.

Three players should form a triangle shape by standing near one cone of the box (leaves one cone open). The player with the ball will pass to another player and then run to the open space (cone) in the box.



Box Dribbling & Combinations



PREPARATION

Balls, Cones

PLAYERS

1 players
(Twice as many
players on the outside
of the box than inside
the box.)

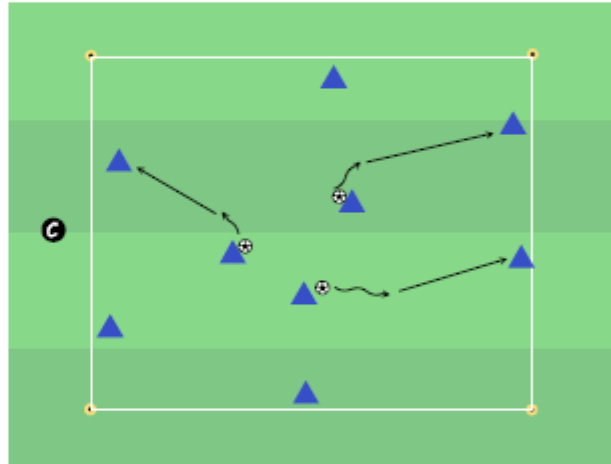
 **4** min

4 reps
1 min +

INSTRUCTIONS

Players on the outside of the box should be spread out around the box. Players on the inside of the box should dribble the ball and find an outside player to pass to. Outside player should receive the pass and immediately return the pass back to the inside player who had kicked the ball to them. Inside player should then dribble to find another passing lane to a different outside player.

Four reps of 90 seconds each with a 20 second rest to allow for players to switch positions (inside players move to outside, outside players move to inside).



COACHING POINTS

- What are you doing with your eyes while dribbling?
- What part of the foot are you using while dribbling at speed?
- What part of the foot are you using to pass the ball?
- Can you perform the drill using only your right foot? Your left foot?