

Week 1 Instructions (U9-U10)



PREPARATION

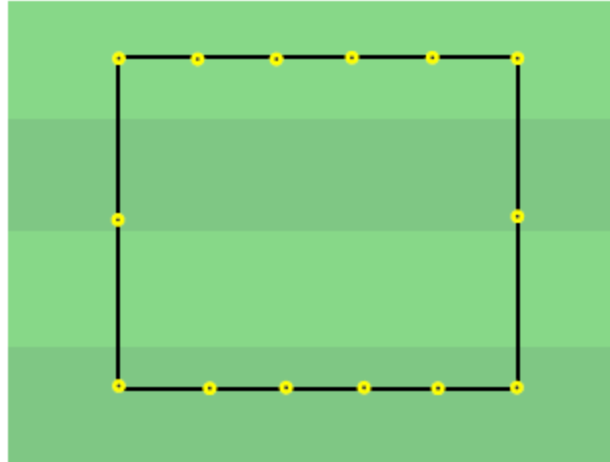
10 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 14 to 16 cones to create a 10yd x 10yd box as shown in the attached image (two sides of the box will be a series of 6 or 7 cones, while the other two sides only need one cone to help mark the box). This one setup will be used for all three drills tonight. No other setup required.



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

Cone Weave



PREPARATION

Balls, Cones

PLAYERS

1 players
(1 ball per player)

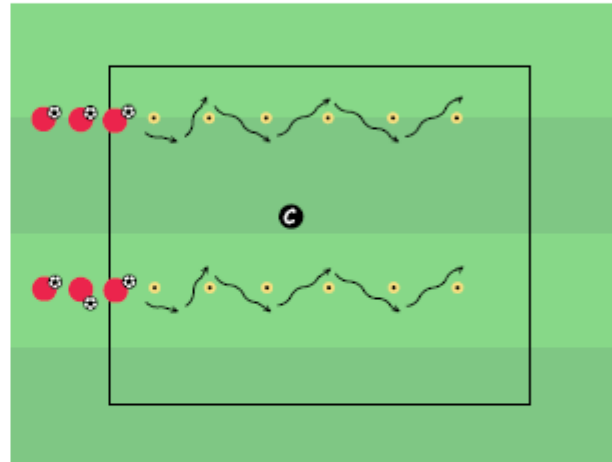
Workbook last saved: Just now

INSTRUCTIONS

Each player has their own ball. Set up one or two lines of cones and let each player take a turn dribbling the ball around the cones in a zig-zag pattern (like weaving through obstacles).

The ball should be kicked forward with small touches and try to go around each cone without knocking it over. Once they get past the final cone, they should dribble around the course and to the back of the line (do not go back through the cones on your way back).

Players can start the course when the player in front of them is halfway through to keep everyone moving and avoid downtime. The top drill from the attached video demonstrates the route.



COACHING POINTS

- Touch the ball with different parts of the foot.
- Keep the ball close as you dribble.
- Dribble at your highest intensity.
- Coaching Tips: "Small touches", "Don't kick too far", "Nice control", "Good job"

Freeze Tag



PREPARATION

Cones required
10 x 10 area

PLAYERS

1 players
(1 ball per player)

 **4 min**

4 reps
1 min +

INSTRUCTIONS

Set up a 10x10 yard area using 8-12 cones to mark the perimeter. Each player has their own ball. Players will dribble freely inside the area while the coach walks around and tries to tag them gently on the shoulder. If tagged, the player stops dribbling and freezes in place with the ball under one foot. A teammate can "unfreeze" them by using their own ball to tap into the frozen player's ball. The goal is to have as many unfrozen players as possible at the end of each rep.

Players should be encouraged to look up occasionally to know not only where the coach is, but if there are any teammates they can unfreeze. Also encourage the use of different parts of the foot (laces, outside of the foot, inside of the foot, bottom of the foot).

4 reps of 1 minute each with a 20 second rest between reps.

COACHING POINTS

- Key Words: Keep the ball close, find openings
- Guided Questions: How do you keep the ball close?
- Answers: Use soft touches to keep the ball close.
- Coaching Tips: "Look up", "Little touches"

