

Week 2 Instructions (U9-U10)



PREPARATION

10 x 10 area

PLAYERS

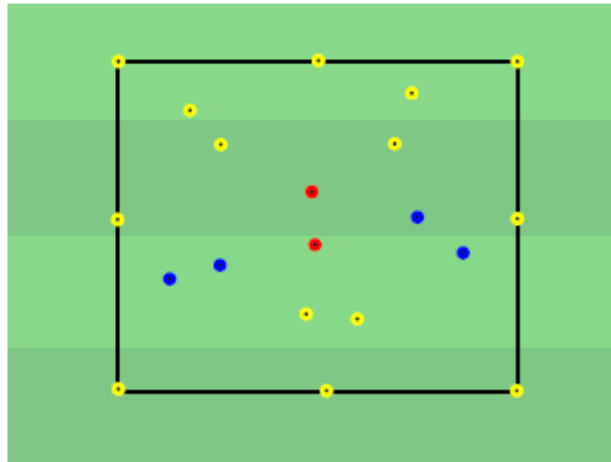
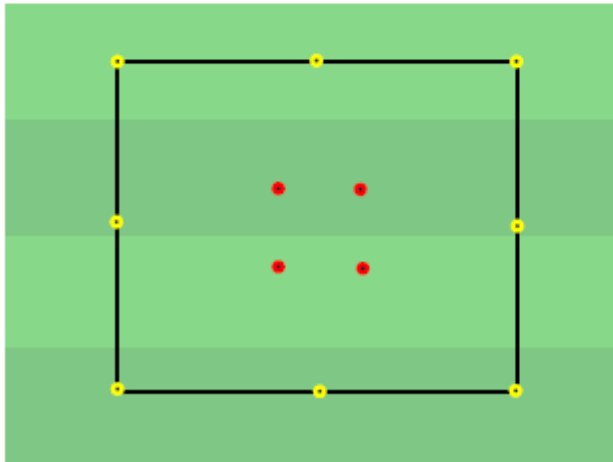
1 players

INSTRUCTIONS

Setup: Use 8 cones to create a 10yd x 10yd box as shown in the attached images (yellow cones).

For the "Crash the Middle" drill, add a small 2yd x 2yd box to the center (red cones, first image).

For the "gates" drill, use cones to create 5 or 6 gates (two cones about one yard apart) randomly scattered throughout the box for the players to dribble through (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

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



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)

