

Tuesday March 17th
SSFC Clinic – Day 1

4-6 year old group

3-4 little fields for little ones. Make the lines CLEAR! More cones!!

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| 2 groups | 1) Follow The Leader- IN BOUNDS; OUT OF BOUNDS!!
a. Throw Ins- Feet down... And hold! Feet Down... TO THE GOAL!! |
| 1 group | 2) Skills- FREEZE! Toe Taps! Tick Tock! GO! STOP! TURN! JUMP! SMASH!
a. SMASH= Kick it hard and go get it. Teach “cat attack” approach step. |
| 2 groups | 3) Knockout- Everyone dribbles in space with three players trying to SMASH the ball |
| 4 groups | 4) SMASH SOCCER- 2 teams. Ball served into the middle from a coach. Point for smashing the ball over the other end line (CAT ATTACK). Try to serve it to different kids each time for their chance. |

Session for 7+ - DAKOTA JOINS GALEN AND EASLEY; ELI AND ZEKE STAY TOGETHER

- 1) Dribbling Skills in a big space (dribble anywhere inside the grid)- GO! Stop! Pull Back! Turn! Steptover! Circle! (Older kids can do a Cruyff, Inside-Outside, etc.)
- 2) 2v1 to endlines (small space)- Each coach should run their own group. Encourage dribbling unless they MUST pass. Encourage teammate to make sure they can receive the ball in a position to SCORE.
- 3) 4v4 or 5v5 SMASH SOCCER- Ball served from coach to a team. Dribble over endline for goal. Goal or ball out of bounds= NEW BALL from coach. No pauses or breaks- JUST PLAY!
- 4) Smallest possible games to goals- MUST DRIBBLE THROUGH GOAL TO SCORE

Advanced Group

- 1) Dribbling Warmup in grid (1/2 of players with ball; ½ without)- lots of skill work. Inside-Outside (foot stays up between touches), Cruyff, Steptover, Chop, Pull Back-V, your choice
- 2) Passing combination grid- Half of the players in the middle with a ball. Half on the outside of the grid. Dribble through the box, pass to outside player, then:
 - a. Give-and-Go for outside player to come in
 - b. Give-and-Overlap
 - c. Up-Back-Through with another outside player (start this with one ball)
- 3) 2v1 to endlines (small space)- Encourage dribbling unless they MUST pass. Teach 2nd attacker how to support the play, and how to position themselves to score goals.
- 4) Smallest games possible to goals

Coaching Groups

U6- MISHA, Darwin, Cory, Daniel, Logan

U8-U10- ELI, Galen, Matt, Dakota, Shin, Will, Aaron, Weasley, Zeke, Cody (if needed)

U12-U14- RYAN, Jordan, Jose, Mark, Marco, Martin, Guilherme, Adam, David (if needed)