

**SSFC Clinic- Day 2 (3/31/15)**

**5pm- Intro and Divide**

1. Listen to Coaches
2. Team Coaches- Get Involved!
3. Have Fun!

U6 Teams- 6	Cory & Connor, Hazeley & Misha
U8 Teams- 10	Shin, Daniel & Galen, Douglas & Zeke
U10 Teams- 8	Will & Aaron, Collin & Marco, Adam & Cody
U13 Teams- 7	Logan (Karl's team), G & Dani, Jason & Andrew

**Activity 1- Freeze Tag! (Coaches- try to learn some names during this game) (All Ages)**

- Everybody dribbles a ball except for "IT"
- If you get tagged, stand still with your feet apart until someone else kicks their ball through your legs
- Play for 2 minutes. 2-3 rounds.

**Activity 2- Learn some skills (Ages separated below)**

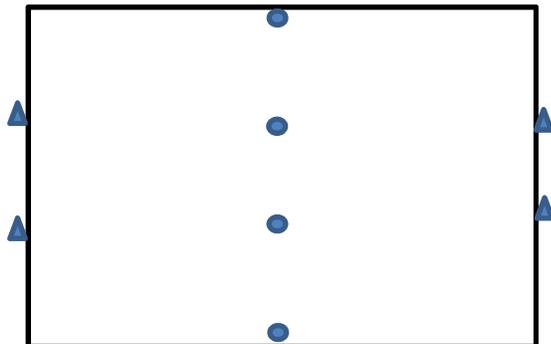
1. Dribbling Grids
  - a. **U6 Progression-** Stop!, Turn!, Jump!, TICK-TOCK, **New Move- Scissor!**, **New Skill- Throw In!**  
Teach proper throw-in technique
  - b. **U8 and up Progression-**
    - i. Just dribble (no standing; no walking!)
    - ii. Right foot only- inside and outside
    - iii. Left foot only- inside and outside
    - iv. Tick-Tock... then GO!
    - v. Scissors... then GO!
    - vi. Cruyff... then GO!
    - vii. Dribble FAST! → Pull Back → Pull Back → Dribble FAST!
    - viii. Ronaldo Chop- Teach this move!
    - ix. Combo Moves! Assign them 2 moves to do in a row.
    - x. Showtime- Combine these into their own crazy moves when you shout "SHOWTIME!"

**Activity 3- Round 1 of GAMES (Ages separated below)**

- a. **U6- Sharks and Minnows with Throw Ins.** Once the ball goes out of bounds, players can throw it back in to score. The last two to make it to the far endline become sharks. **Play the game 2 times all the way through.**
- b. **U8 and U10- Steal the Bacon.** Players are divided into their teams behind the goals and numbered. Coach calls a number. The player called runs to the ball and tries to score back in their own goal. After everyone has gone twice, begin to call 2 numbers at a time. When you get to 2v2, encourage the player without the ball into spaces closer to the goal.
- c. **U13- 2v1 games. Progress to 2v2. Progress to 3v2.** Keep the lines short
  - a. Teach the player without the ball to find space to receive the ball!

**Activity 4- Round 2 of GAMES (All Ages)**

- a. 3v3, 4v4, 5v5, or the smallest possible games!!
  - a. Each JBU player should have their own field! EVERYONE IS REFFING A SEPARATE GAME!
  - b. Team coaches should be involved to help organize their teams.
  - c. Refs need to call and help with Throw-Ins, Corners, and Goal Kicks



← This field setup will prepare you for the entire session. Activities 1 and 2 in half of the field- then 3 and 4 on the full field.

## **Points for coaches-**

**U6-** PLEASE KEEP THEM DRIBBLING! Dribbling is, without question, the one skill that your players need at this age. If you are making them run laps, stand in lines, or play keep away at this age, you are wasting time that could be used on dribbling games! Your entire practice should be dribbling skills, dribbling games, and scrimmages that require them to follow the game rules.

**Match notes:** I would recommend teams to play in a diamond formation so that they begin to understand how to spread out. It is okay that they leave their positions!! You just want them to get back to their shape at any long pauses in the game.

**U8-** Dribbling skills are still the most important part of the game at this age. You can start to include passing skills, but please **emphasize** the importance of dribbling skills. Please keep in mind that teaching players to be more skillful with the ball is still more important than your match outcome- this is hard to remember if you are losing games! But it is crucial!

**Match notes:** You will need to put your players in starting positions (and these should change every quarter and every game!). Every player is allowed to move around the field freely, but they should know which position they are in at the start of a quarter, after a goal, during a goal kick, or during a corner kick. I would recommend playing in two lines- defenders and forwards- and I would NOT complicate it with midfielders.

**U10-** Dribbling is still the key right now, but they need to begin passing to help their team play the game well. It is important, when you begin to encourage passing, that they learn the proper technique! Breaking bad passing technique is EXTREMELY DIFFICULT when players get older! You would rather teach them to pass it too hard than too weak. And they should still be encouraged to try to beat players by dribbling when they are near the goal. Dribbling with composure when you are under pressure is arguably the most important skill at this age. Give them the confidence to do this by creating practice games that force them to dribble in tight spaces. Defensive concepts are growing in importance. We are going to work on these next week!

**U13-** We still need the players to develop their dribbling skills, but they must be able to begin to identify opportunities to beat the other team by passing. Encourage players to engage defenders before passing. Encourage players who do not have the ball to find spaces on the field where they can receive passes. Movement is CONSTANT in soccer. Players who are standing are probably doing something wrong. But you need to encourage them to figure out where to move. If they are in an open space, but the player with the ball cannot pass to them because of the way they are facing, then they need to move to a place where they can receive the ball. Defensive concepts are pretty important. We are going to work on these next week!

## **JBU Foot Skill Guide**

Go- Run swiftly with the ball under your control. Bigger touches in space, smaller touches with players around

Stop- Stop the ball with your foot on top. This is done with the front third of the foot- not the middle or heel!

Toe Taps- Bottom of toes to top of ball; Alternate feet as fast as possible; Make sure the ball moves a tiny bit on each touch

Tick-Tock- The ball is played between the feet, with the inside of the foot (Shoe Logo)

Scissors- Step around the ball; the outside of your foot leads the movement around the front of the ball. Turn it into a move by adding a touch with the OTHER foot.

Cruyff- This move is essential to the game! With the ball moving forward, turn your body sideways and pull it behind your foot.

Chop- Jumping over the ball, chop it with the inside of your foot, behind your other foot, and keep moving forward! Both feet are off the ground in the middle of this move.