

SSFC Clinic- Day 3 (4/7/15)

5pm- Intro and Divide

1. Divide into Age Groups
2. Demo Sessions for U10 and U13
3. Split to training grids

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

U6 session

- 1) Follow The Leader- IN BOUNDS; OUT OF BOUNDS!!
 - a. Throw Ins- Feet down... And hold! Feet Down... TO THE GOAL!!
- 2) Skills- FREEZE! Toe Taps! Tick Tock! GO! STOP! TURN (focus on speed of turn!); JUMP! **SMASH!**
 - a. SMASH= Kick it hard and go get it. Teach "cat attack" approach step.
- 3) Knockout- Everyone dribbles in space with three players trying to SMASH the ball
- 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.
- 5) 4v4 or 5v5- add goals and play a game

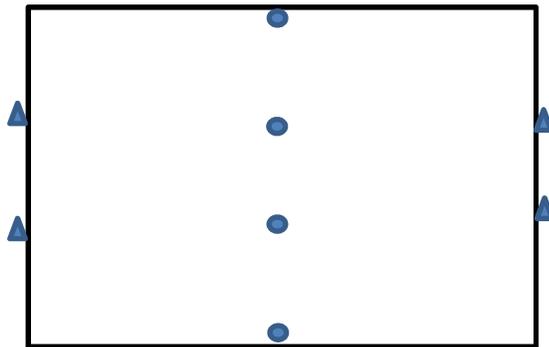
Session for U8

Field setup must include 5-6 gates- randomly placed throughout your group's field.

- 1) Warm up- Dribbling Skills in a space. Call out skills to try. Focus on SPEED after move.
 - a. Pull Back; Cruyff (teach it with a jump); Scissors; Tick-Tock
- 2) 45-second GATE challenge. Count your gates. Repeat a few times.
- 3) 45-second GATE challenge. Add 1 or 2 defenders and repeat a few times.
- 4) Find a partner and a ball. Quick passes until coach says GO. Then 45-seconds to dribble through gates while partner tries to take the ball away.
- 5) Two teams can score by dribbling through any of the gates.
- 6) Smallest possible games to goals. MUST DRIBBLE THROUGH TO SCORE.

Session for U10 and U13

- 1) Technical Warm Up- Dribbling grid with skills. 6 minutes then move to demo session!
- 2) Demo: 1st and 2nd defender
- 3) Warm Up: 2 defender advancement to balls. 1st defender MUST call "Ball!"
- 4) 1v2 to goals on small field → Progress to 2v2
- 5) 5v5 or 6v6 to goals → Require them to shout "ball!" when they pressure the ball



This field setup will prepare you for the entire session. U10 and U13 coaches would add soccer balls as shown in the Demo Session for 1st and 2nd defender training.

Points for coaches-

U6 & U8- Keep up the Dribbling! I know that there are times that it seems impossible for one of your players to figure out a move, BUT KEEP AT IT! THERE WILL BE A BREAKTHROUGH! And this is, without question, the most important skill for them at this age. If they are gaining dribbling skills and having fun, then you are doing a great job as a coach!! As they get more comfortable, make sure you ask them to do the moves FASTER. Then, they should do the moves with a purpose (see the U8 session for purposeful dribbling).

U10 & U13- These are the fundamental defensive concepts.

- 1) Someone MUST get pressure on the ball (this person called the 1st defender)
- 2) Someone must cover the space behind the 1st defender (this is called the 2nd defender)

Thoughts for the 1st defender-

- a) Get to ball quickly and SHOUT
- b) Bounce Back- as you approach the ball, bounce one step backwards so that you don't get beat right away by the attacking player
- c) Don't stab your foot at the ball! Just keep the other player in front of you!
- d) Advanced skill- forcing the ball to a side (maybe away from the goal or to the attacker's weak foot)

Thoughts for the 2nd defender-

- a) Angle- not directly behind the 1st defender. Also, not side-by-side. 45 degree angle
- b) Distance- far enough that you don't get beat with the same move. Close enough that you can get to the ball if your teammate gets beat.
- c) Advanced skill- telling them 1st defender which way to force the ball!

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.

Smash!- U6 skill encouraging the players to kick the ball HARD. Some kids like to tap the ball everywhere. It is okay to kick it hard!!

Cat Attack!- U6 and U8 skill encouraging the players to LEAP toward the ball with their final step before the kick it.