

## SSFC Clinic- Day 4 (4/21/15)

### 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- Skills!

- 1) Freeze Tag Warmup- Any other player kicks a ball through a frozen player's legs to unfreeze them.
- 2) Skills Refresher!- Go! Stop! Turn! Jump! Tick-Tock! Toe Taps! Please make sure the players are going as fast as possible immediately after their moves.
- 3) Sharks and Minnows to GOALS (goals can be cones placed 2 yards apart). This is encouraging the players to dribble toward a target, instead of the end line.
- 4) 1v1 to goals
- 5) Progress to 4v4 (preferred) or 5v5- **NO LARGER THAN 5V5!!!!**

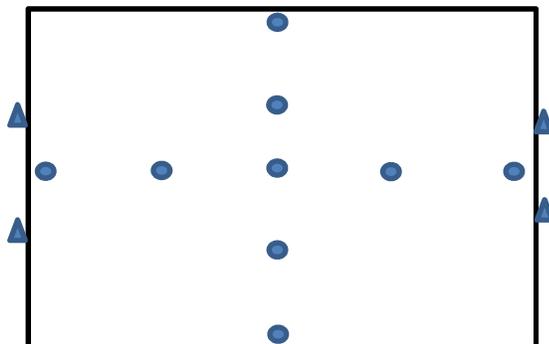
### Session for U8- passing!

Field setup should include FOUR zones

- 1) Warm up- Freeze Tag! Any other player kicks a ball through a frozen player's legs to unfreeze them.
- 2) Teams of 8-10. Each team is in a zone. Number the players 1-10. Try each race once or twice.
  - a. Race 1- every player must touch the ball, in order
  - b. Race 2- every player must do a pull-back, in order
  - c. Race 3- the ball must be passed in order (it must be moving)
- 3) Teams are now separated into different zones (2-3 players per zone). Must stay in their zone.
  - a. Race 1- every player touches the ball (order does not matter)
  - b. Race 2- every player touches ball, THEN one scores a goal.
- 4) Competition 1- Which team can touch the ball in each zone first? The other team can try to take it away.
- 5) Smallest possible games to goals. **NO LARGER THAN 5v5!!!!**

### Session for U10 and U13- Passing (demo session)

- 1) Warm Up: Passing Rectangle- pass long side; dribble short side (do not open up diagonal)
- 2) Passing with partners- toe up, foot up before you pass, knee up after you pass
  - a. Two touch passes for 30 seconds (count your passes)
  - b. One touch passes for 30 seconds (count your passes)
  - c. One partner jogs backward while passing; then switch at end (2 touch)
  - d. One partner jogs backward while passing; then switch at end (1 touch)
- 3) Game 1: Complete 3 passes for a point.
- 4) Game 2: Complete a pass across the endline for a point
- 5) 5v5 or 6v6 to goals → 1 pass before scoring or 4 passes for a goal.



Set up for U8. U6, U10, and U13 do not need the cones in the middle of the field

## Points for coaches-

**U6 Coaches-** 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!! Make sure you ask them to do the moves FASTER. Then, they should do the moves with a purpose.

**Match notes:** If you have not already done this, make sure your team has some idea of positions at the start of each quarter (I recommend a diamond with four or 2 defenders and 3 forwards with five). You can encourage your defender(s) to stay behind everyone else, but do not have them stand in front of the goal! If your team is in front of the goal you are defending, encourage them to SMASH the ball toward the other goal. If you are in the middle of the field, encourage them to dribble and use skills to try to score! The players without the ball should run toward the goal in which you are trying to score. One player can stay behind to protect the goal, but NOT AS A GOALKEEPER!

**U8 Coaches-** This initial passing stuff is REALLY TRICKY for this age! You need to encourage passing, but be careful not to start a “ball hog” mentality for your team if you have a player who does not pass. A lot of this age group cannot yet see the benefit of passing instead of dribbling, and many of them do not understand WHEN to pass so that they can actually get the ball to a teammate. Dribbling is still great at this age! But we do want the players to begin to see the value of passing it to a teammate who has a better chance of scoring.

**Match notes:** Really focus on getting players who do not have the ball to move into a space where they might receive a pass. This is another hard concept, but it is good to start talking about it. The progression can go like this:

- If you don't have the ball, move toward the goal you are attacking
- If you don't have the ball, move into a space where your teammate can see you and SHOUT
- If you don't have the ball, begin running to a space that your teammate can see and SHOUT

## U10 & U13 Coaches

The absolute MOST IMPORTANT thing you can teach your players at these ages is how to pass PROPERLY. I promise you that the technique they learn at this age will stick with them until someone else fixes it... In some case, it will be too late! Please learn, identify, practice, and coach these skills. If you don't understand them, come talk to Coach Scott Marksberry asap!

- 1) Lift your foot off of the ground and draw it back BEFORE you kick the ball
- 2) Keep your TOE UP and your ankle locked when you pass the ball
- 3) The knees should flex throughout the kick! If you see a locked knee, ask them to relax!
- 4) After the foot makes contact with the ball, the knee should come UP! We do not want to see feet going straight to the ground.
- 5) The ball should be passed with a significant amount of power.

**Match notes:** Your players should definitely begin to understand how they can pass a ball across the field faster than any player can run it across the field. But try instructing them to “FIND SPACE” instead of “SPREAD OUT.” Getting them to “spread out” is important, but it is more important for them to “find space” to receive the ball. “Spreading out” often leads to players running away from the ball for the sake of running away. “Finding Space” typically leads to players still trying to get the ball, but creating more room for your team to play.

## 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.