



*Daniel Boone High School
Soccer Coaches Clinic*

For

Amity A.C. Travel Program

January 25th, 2006

www.blazersoccer.com

Key points:

- Keep the ball moving
- Keep the players active
- More touches, more touches, more touches**
- Make the players think – allow them to figure things out
- Progression from warm-up through game with goals
 - o **ECONOMY of practice**
 - o When creating a session, ask yourselves these questions:
 - Does the warm-up, small-sided games and final game all contain a component of what you are teaching for that session?
 - Do the drills keep all players busy – involving touches on the ball, “soccer” related movements and conditioning?
- Identifying Coachable moments**
 - o Allow players to play and “figure” it out
 - o Corrections
 - “Briefly” explain the correction
 - Put the players in the position when the issue occurred – re-enact the situation
 - Ask the player how they would correct – help them out if necessary
 - Have player simulate the correction – play on when they get it
- All games should have goal
 - o **Positive re-enforcement**
 - o Find a way to give “points” for success – NO negative for failure to complete
 - Example: pushups, laps for not succeeding
- Allow for success** in the practice
 - o Pace of play
 - o Lower numbers in opposition
 - o Add more goals
 - o Increase points to promote skill or tactics
- Increase difficulty **AFTER** success
 - o Add more opposition
 - o Quicken pace
 - o Limit touches
 - o Limit space
 - o Add more obstacles – balls, cones, coaches

1. Review session format

a) Technical Session

- i) Examples:
 - (1) Dribbling
 - (2) Passing
 - (3) Receiving and Turning
 - (4) Finishing
 - (5) Crossing and Heading
 - (6) Goalkeeping
 - (7) Moves for change of direction
 - (8) Moves for beating a defender
 - (9) Receiving and Turning – ball on the ground
 - (10) Receiving and Turning – ball off the ground

- ii) Format of Practice:
 - (1) Fundamental – teaching skill / break it down individually
 - (2) Match Related – make the players perform in match conditions
 - (a) light pressure
 - (3) Match Conditions
 - (a) GRADUALLY increase pressure to game conditions

b) Tactical Session

- i) Examples:
 - (1) Dribbling to beat a defender
 - (2) Combination play – overlapping, wall passes, take-over
 - (3) Attacking in the final 3rd
 - (4) Defending

- ii) Format of Practice
 - (1) Warm-up - Unrestricted Space
 - (2) Warm-up – Restricted Space
 - (3) Game - Goal with a counter
 - (a) Increase pressure
 - (4) Game – 2 Goals
 - (a) End with unrestricted play

2) Sessions

- a) **Technical** (U8, U9, U10, U11 sessions should mostly be technical – increase tactical as age progresses)
 - i) Foot skills - Moves for change of direction
 - ii) Foot skills – Moves for attacking
 - iii) Passing
 - iv) Receiving and Turning
 - v) Shielding the ball – holding and hiding

- b) **Tactical** (U12 to U18, mix of technical and tactical – U18 and above mostly tactical, technical is still important)
 - i) Dribbling to beat a defender

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Name: Joe Ricci	Topic: Moves for change of direction	Date: 2/25/2006
Fundamentals /Warm-up	Organization	Key Coaching Points
Warm-up Exercise Quick foot work to increase efficiency of moves to beat a defender.	(Specific warm-up for the day's activities) <input type="checkbox"/> Warm-up / dribbling <input type="checkbox"/> Drag back <input type="checkbox"/> Drag side to side <input type="checkbox"/> Outside of foot turn	Head up Control Technique of skill
Match Related Activity		
1v1 with active pressure.	<input type="checkbox"/> 1 v 1 <input type="checkbox"/> Isolate players in a 1v1 scenario <input type="checkbox"/> Emphasize move – first move in this session is change of direction <input type="checkbox"/> Variation – make players perform move on a coach acting as a “passive” defender	Decision making. Make move while shielding ball. Make sure move is done to proper side to “hide” ball.
Match Related Activity		
Small sided 2 sets of goals on opposite touchlines	<input type="checkbox"/> 5 v 2 <input type="checkbox"/> Multiple goals in corners of field. <input type="checkbox"/> Should force players to have to change directions – backwards and sideways. <input type="checkbox"/> 5 players get 1 point for every change of direction move / 2 points for every goal. <input type="checkbox"/> 2 players get 1 point for every time the steal the ball and possess. <input type="checkbox"/> Variation – must change direction before dribbling or passing to teammate.	Same as above. Look for attacking on angles into space and acceleration.
Match Condition Game		
Small sided 1 goal for each team	<input type="checkbox"/> 5 v 5 <input type="checkbox"/> 1 goal for each team. <input type="checkbox"/> Both teams get points for change of direction. <input type="checkbox"/> Both teams get 2 points for a goal.	Same as above.
Cool Down		
Stretch	Review session with players and emphasize the need to work on these skills individually.	

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Name: Joe Ricci	Topic: Moves to attack the goal	Date: 2/25/2006
Fundamentals /Warm-up	Organization	Key Coaching Points
Warm-up Exercise Quick foot work to increase efficiency of moves to beat a defender.	(Specific warm-up for the day's activities) <input type="checkbox"/> Cone to Cone <input type="checkbox"/> Rollover – 1 foot down, other foot back <input type="checkbox"/> Inside, outside (cutting) <input type="checkbox"/> Push out, pull back <input type="checkbox"/> V with push forward	Head up Control Technique of skill
Match Related Activity		
1v0 with passive pressure.	<input type="checkbox"/> 1 v 0 <input type="checkbox"/> Isolate players in a simulated attack on defender to goal <input type="checkbox"/> Emphasize move <input type="checkbox"/> Variation – make players perform move on a coach acting as a “passive” defender. <input type="checkbox"/> Put cone down after coach / defender where player should make shot by.	Decision making. Get behind the defender – “hide” the ball
Match Related Activity		
1v1 with active pressure.	<input type="checkbox"/> 1 v 1 <input type="checkbox"/> Move 2 goals within 30 yards <input type="checkbox"/> Player starts from 1 post and attacks opposite goal <input type="checkbox"/> Defender starts from opposite goal and defends 1v1 <input type="checkbox"/> Give attacker different points for different moves (based on difficulty or which moves you are emphasizing)	Same as above. Look for attacking on angles into space and acceleration.
Match Condition Game		
Small sided 1 goal for each team	<input type="checkbox"/> 5 v 5 <input type="checkbox"/> 1 goal for each team <input type="checkbox"/> Both teams get points for performing the move <input type="checkbox"/> Both teams get 2 points for a goal <input type="checkbox"/> Take restrictions away and play Variation – you must make a move on a defender before passing.	Same as above.
Cool Down		
Stretch	Review session with players and emphasize the need to work on these skills individually.	

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Name: Joe Ricci	Topic: Passing	Date: 2/25/2006
Fundamentals /Warm-up	Organization	Key Coaching Points
Warm-up Exercise Quick foot work to increase efficiency of moves to beat a defender.	(Specific warm-up for the day's activities) <input type="checkbox"/> Start in circle 5 or 6 players each <input type="checkbox"/> 2 touch passing to players around circle <input type="checkbox"/> 1 touch passing to players around circle <input type="checkbox"/> Can be used to start communication. Call for ball. Call "mine". Call teammates name when passing.	Head up Communication Technique of skill Foot position on pass. Left and right foot.
Match Related Activity		
Passing and conditioning	<input type="checkbox"/> Combine circles into 1 circle <input type="checkbox"/> 1/3 of the players into the middle <input type="checkbox"/> Players on outside circle each have a ball <input type="checkbox"/> Move to a player with the ball – call "BALL!" <input type="checkbox"/> 2 touch, receive and play back <input type="checkbox"/> Variation – 1 touch <input type="checkbox"/> Variation – turn, pass the ball to a player on opposite side of circle	Pace and conditioning Receive and preparation Accuracy first Players on outside of circle stay on toes and communicate.
Match Related Activity		
Small sided	<input type="checkbox"/> Setup field with "Gates / Goals" <input type="checkbox"/> 6v2 or 6v3 <input type="checkbox"/> Each team gets a point for every gate they pass through	Same as above. Encourage movement off the ball to get in position to receive pass. Space between passer and receiver.
Match Condition Game		
Small sided Passing points	<input type="checkbox"/> 5 v 5 <input type="checkbox"/> Start with a touch limit (reduce dribbling) <input type="checkbox"/> Points for completing passes <input type="checkbox"/> For older players, force 3, 4 or 5 passes in a row for a point <input type="checkbox"/> Add 1 goal for each team <input type="checkbox"/> Take restrictions off and play	Same as above.
Cool Down		
Stretch	Review session with players and emphasize the need to work on these skills individually.	

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Name: Joe Ricci	Topic: Receiving and Turning	Date: 2/25/2006
Fundamentals /Warm-up	Organization	Key Coaching Points
Warm-up Exercise Quick foot work to increase efficiency of moves to beat a defender.	(Specific warm-up for the day's activities) Many different types of warm-ups – focus on 1 per practice: <input type="checkbox"/> Box – pass straight, pass on angle, pass straight – follow pass <input type="checkbox"/> 2 line passing – 2 touch and 1 touch <input type="checkbox"/> Circle drill from passing – emphasis on receiving and turning <input type="checkbox"/> Pairs – 1 server, 1 receiving that goes between cones. Inside foot receiving, inside of foot return, outside/inside, outside/outside Variations of receiving – inside and outside	Head up Communication Position of foot receiving the ball – toe up. PREPARATION of ball Keep the ball moving
Match Related Activity		
Passing and conditioning	<input type="checkbox"/> 1 circle of players <input type="checkbox"/> 1/3 of the players into the middle <input type="checkbox"/> Players on outside circle each have a ball <input type="checkbox"/> Move to a player with the ball – call "BALL!" <input type="checkbox"/> 2 touch, receive and play back. <input type="checkbox"/> Variation – turn, pass the ball to a player on opposite side of circle Add pressure – passive first, then add defender (1, 2, ... depends on level of group)	Technique of turn. Toe up Communicate Players on outside of circle stay on toes and communicate.
Match Related Activity		
Small sided 2 sets of goals on opposite touchlines	<input type="checkbox"/> 5v2, 6v3 <input type="checkbox"/> Team with 5, attacks 1 goal <input type="checkbox"/> Team with 2, can win ball and play a pass over the opposite line to a waiting teammate <input type="checkbox"/> Have 2 or 3 teammates moving to be open for pass <input type="checkbox"/> Team with 5 gets a point for a turn, 2 points for a goal <input type="checkbox"/> Team with 2 gets a point for successful pass to waiting teammates on opposite line – teammate must receive ball cleanly.	Same as above. Use the turn. Do not allow ball to go by without taking pace off the ball.
Match Condition Game		
Small sided 1 goal for each team	5 v 5, 6 v 6 1 goal for each team. Both teams get points for a turn. Both teams get 2 points for a goal. To emphasis receiving, give points if the player makes a clean, controlled receive.	Same as above.
Cool Down		
Stretch	Review session with players and emphasize the need to work on these skills individually.	

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Name: Joe Ricci	Tactical Topic: Dribbling to Beat a Defender	Date: 6/29/2005
Unrestricted Space	Organization <ul style="list-style-type: none"> <input type="checkbox"/> Each player has a ball dribbling at 50% touching the ball with inside and outside of feet – control is important. <input type="checkbox"/> On command perform Coerver moves 5 times with same foot. Perform each skill a couple of times with both feet change. <input type="checkbox"/> Teach step over and change direction with outside foot – accelerate and get behind defender. <input type="checkbox"/> Review getting behind defender. <input type="checkbox"/> Change of pace – fake kick, pull back, push forward (V) – accelerate and get behind defender. <input type="checkbox"/> Get in pairs, 1 ball. Defender does not tackle, but shadows attacker trying to contain. Switch. 	Key Coaching Points <ul style="list-style-type: none"> <input type="checkbox"/> Players should understand technique and try to accomplish moves. <input type="checkbox"/> Players are using both feet. <input type="checkbox"/> Use proper change of pace and acceleration. <input type="checkbox"/> Head up / vision.
Restricted Space	1v1 with active pressure. <ul style="list-style-type: none"> <input type="checkbox"/> Grid – 20L X 15W – Goal at 1 end in the middle. <input type="checkbox"/> 6 players – 3 on each end in facing each other. <input type="checkbox"/> 1 side is defending, serves good ball on ground to attacker (attacking goal). <input type="checkbox"/> Attacker must take on defender and attempt move to get by to opposing end line. <input type="checkbox"/> 3 points for attacker to cross end line, 1 point for crossing line in the middle (goal), 1 point for defender to win ball and cross their opposing line. <input type="checkbox"/> Switch attacking and defending sides. <p>Variation – coach serves the ball from the middle varying where the ball is played to give attackers different looks at perusing a free ball and taking on defender.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Feints and movement. <input type="checkbox"/> Change in direction. <input type="checkbox"/> Change in speed. <input type="checkbox"/> Get behind opponent. <input type="checkbox"/> Decision making based on what defender is giving.
One Goal with Counter	4 v 3 (plus 2 additional players that can receive ball in 1 of 3 goals on counter) <ul style="list-style-type: none"> <input type="checkbox"/> Grid 30L x 20W <input type="checkbox"/> No goals on one end (for 4 attackers), 3 goals on counter end. <input type="checkbox"/> Team of 4 scores 1 point for beating a defender on the dribble and 2 points for crossing end line. <input type="checkbox"/> Team of 3 scores by winning ball and playing ball through cones to feet of 1 of 2 players (counter). <p>Variation – Adjust numbers on either team based on success of the 4. Make attackers beat a defender before they can cross line (can't cross line by only stringing passes together).</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Same as above. <input type="checkbox"/> Look for attacking on angles into space and acceleration. <input type="checkbox"/> Decision making based on what defense is giving.
Game - Two Goals	5v5 or 6v6 with keepers. <ul style="list-style-type: none"> <input type="checkbox"/> Grid 40L X Width of field. <input type="checkbox"/> Regulation goals. <input type="checkbox"/> Team in possession of ball can ONLY dribble forward, but cannot pass forward (laterally / backwards). <input type="checkbox"/> Finish with no restrictions. <p>Variations:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Split field into 2 halves – can pass in any direction on defending half. Must dribble in attacking half and take on defender before scoring. <input type="checkbox"/> Add neutral player(s) to give team with possession a chance to get some space to dribble with speed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Same as above. <input type="checkbox"/> Look for quick penetrating dribbling when ball is won.
Cool Down		
Stretch	Review session with players and emphasize the need to work on these skills individually.	

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Templates – TECHNICAL Sessions

Name:	Topic:	Date:
Fundamentals /Warm-up	Organization	Key Coaching Points
Match Related Activity		
Match Related Activity		
Match Condition Game		
Cool Down		

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Templates – TACTICAL Sessions

Name:	Topic:	Date:
Warm-up - Unrestricted	Organization	Key Coaching Points
Warm-up - Restricted		
Game /Goal with Counter		
Game / 2 goals		
Cool Down		