

Pull the Pinny



Pull the Pinny

Purpose-To improve soccer related movement.

Organization

Set up a 20x20 grid, two players wearing a different color scrimmage vest to separate them from the other players in the grid.

All other players get a scrimmage vest and tuck it down their shorts and it hangs down like a tail. On coaches command the two players run around trying to pinch the players tails. Once a players tail has been pinched, they help and join the others, until all pinnies have been pinched.

Crab Attack



Crab Attack

Purpose- Improve dribbling skills under pressure

Organization

Each player has a ball and attempts to dribble from one side of the grid, past the crab in the middle of the field and to the other side. To give the players more chance of success, the crab must be down on all fours.

Before you get to the other side, the players who are dribbling must touch the ball at least five times.

If the player is touched or his/her ball is touched on the way to the other side, they become a crab (the crab must go down on all fours and shout 'crab attack')

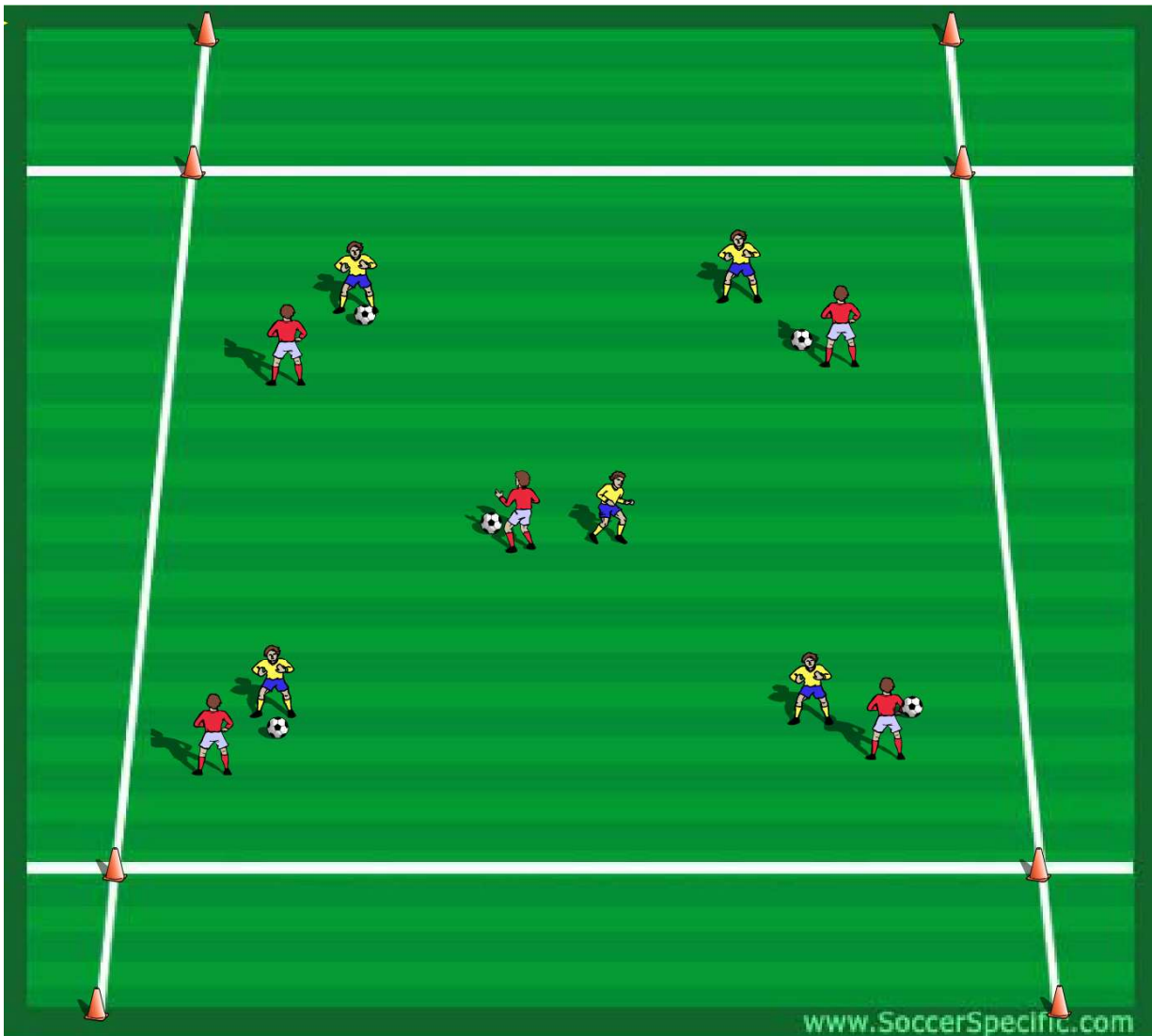
Coaching Points

Try to use both inside and outside of the foot, to take you into the space and past the crab.

Keep nose in front of the ball, to see where the space is and the crabs are.

Work on change of pace, keep the ball close in tight spaces, then explode into the open spaces when past the crabs.

Dribbling 1v1



Dribbling 1v1

Purpose- Small sided activity to improve dribbling skills

Organization- Set up a grid 15x25 with two end zones. Divide teams into two equal teams of four. To score a point players must dribble the ball over the end line and stop the ball. After stopping the ball they then attack the other end. Play for 10 minutes, winning team is the team with the most points.

Progression- Ask players to dribble with weaker foot only.

Coaching points

Encourage players to take players on in 1v1 situations

Keep ball close in tight situations

Keep head up to see all options

Positive first touch and open hips when receiving the ball to give you maximum options

4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.