

# John Bain Soccer Clinic Notes 2006

## Organizing Practice Sessions

Three segments:

1. Warm-up (most important)
2. Skills
3. Games

**1. THE WARM-UP:** Use ball control to warm up (Technique and Accuracy over speed)

### Dribbling

- Use both feet on all skills
  - Firm foot (locked ankles)
  - Keep the ball close
  - Keep your head up
  - Keep body compact
  - Balance
- “Tip-Tap” Dribbling around small area:
- Right foot to Left foot
  - Inside of foot
  - Outside of foot
  - Sole of foot (weight on ground not on ball)
  - Lateral roll with sole of foot.
- “Chop” Dribbles to change direction
- Chop right and left with either right or left foot.
  - Can do inside square or down line on field

### Turns

- Standing foot behind ball
- Chop turn with inside of foot
- Fake kick with chop turn
- Chop turn with outside of foot (Chop and push to accelerate)
- Fake kick, pull back with sole of foot then chop with same foot.
- Figure 8: Fake kick, step over, turn then touch with opposite foot
- “Cruyff move” Fake kick and inside chop

### Quick Feet

- Tip taps in place (jog in place, touch ball on the way down)

- On “GO” do 10 fast ones
- To get them to keep their heads up: Start tip taps, Coach points in direction for player to move while still tip-tapping.
- Count # of touches in 30 seconds and challenge individuals for personal best #.
- Sole touches on ball without moving ball
- Sole touches moving ball from one foot to the other
- Sole on ball moving ball around without moving (field position) standing foot
- Sole on ball moving ball and moving standing foot with each touch, standing foot matches motion of ball
- Pull back right foot, then inside touch with right foot – then pull back left to inside left

### Juggling

- Knee slightly bent with ankle locked
- Drop ball to right foot, work on soft touch to bring ball back to hands at same position as drop. Alternate feet
- Juggling Right Foot-Left Foot-Right Foot-Left Foot. Make sure to move standing foot for balance.
- Thighs only
- Head only
- Around the world: Left foot to left thigh to head to right thigh to right foot.

### Control from Air

- Toss ball up and cushion fall with top of foot-don't pull foot away, try to cushion fall
- Start with low tosses and gradually get higher
- Advance to drop, kick ball up in air and then cushion with foot.
- Lateral chop (half-volley) to control ball just after it bounces on ground-pivot and turn.
- Lateral half-volley chop with outside of foot
- Mix up different control techniques

Game – Have the players try to use as many of these techniques learned in the warm up as possible in a 30 second period.

## **2. SKILLS**

### Passing and Control (Don't have flat feet, keep them moving)

- One touch passing back and forth between two players
- One touch moving in and out
- Passing on the move
- Two touch – gain control with good first touch
- Control with outside of foot – pass with same
- Chop with inside of foot to other foot for pass
- Chop with inside – pass with outside of same foot

### Long Kicks (Driving, bending, chipping)

- Low long balls (driving the ball)
- Bending the ball - plant foot pointed in direction it starts then skim ball with kicking foot
- Chipping
- Try to hit the crossbar

### Shooting

- Pace and finishing
- Overlap drill (basketball weave) with shot at the end
- From 18 yards and out – shoot for center of goal
- Set plays
- Player passes to coach who taps ball left or right for one time shot by initial passer
- Pass to coach around cone, left or right
- From outside dribble to defender and bend shot to far corner
- Volley shots – Player volleys to helper, helper tosses ball to side while player runs on for a volley shot
- Same drill as above but use half-volley
- Helper tosses ball forward of player-player runs on to control and shoot.

## **3. GAMES**

### 1 vs 1

- 2 players against each other trying to knock over a single cone 30 seconds

### Possession

- 3 vs 1 – 4 players inside a square 1 is defender who tries to attack ball – Limit to 1 touch, or two touch between other 3 players try to get 10 passes
- 3 or 4 vs 2 – Two defenders play for one minute to see how many times they can win ball from others.
- 3 vs 3 or 5 vs 5 – Six consecutive passes or a successful wall pass is a goal
- Square – start on one end and keep possession through to the other side.

ALWAYS END PRACTICE WITH A SCRIMMAGE