

# Supplementary Training Program

Upper St. Clair Group Training



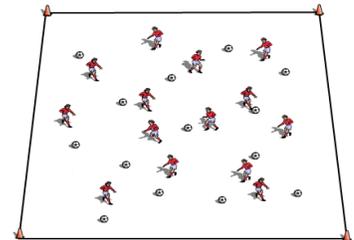
Age Groups	Boys & Girls U11 & U12's	Time	6pm – 7.30pm
Location	Recreation Center, USC	Date	1 <sup>st</sup> April 2013
Coaching Staff	Matthew Pearson & Kieran Phoenix		

## Today's Training Focus: Control

Our session today focuses on the player controlling a ball in a small space and getting a pass away or stopping it with their first touch. The players are encouraged to 'over-hit' passes and move quickly into space for their team-mates.

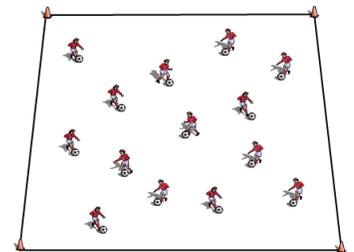
### Warm Up: Explosive Movements & Dynamic Stretching

Players begin by dribbling the ball and then stop. They then step away from the ball and the ball becomes 'targets for them to run too. They perform various movements such as jog to first ball then sprint to the next, jog then sidestep, jog then carioca etc. This replicates game movements through explosive movements.



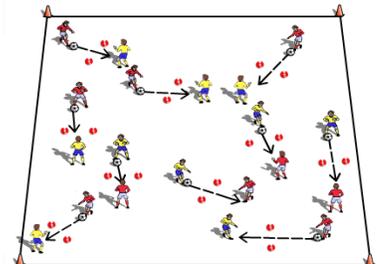
### Activity 1: Ball Mastery

Players begin the session by dribbling the ball around the square and performing various moves. These include; Inside-Cut, Sole Drag-Back and Turn, Brazilian Toe-Taps, Irish Toe-Taps, Dribbling with Weaker Foot, Dribbling with Stronger Foot.  
KEY COACHING POINTS: When turning, players must shield, turn and accelerate.



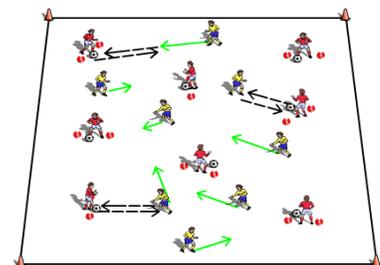
### Activity 2: Control Focused Passing

Players design the field themselves. They are split into pairs. One player gets a pinnie and two markers, the others get a soccer ball. The players place the cones about 5 yards apart and complete a series of passing exercises.  
KEY COACHING POINTS: On toes when receiving, weight and accuracy of the pass.



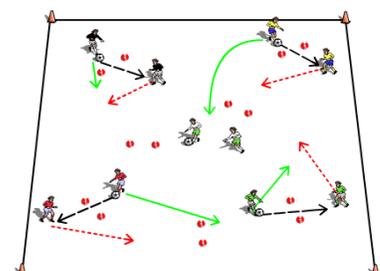
### Activity 3: First Touch Control

Now one player stands with the ball between the passing gate. They feed the ball in for the other player to control and pass back. After they pass, they find another player. Variations include; ground pass, knee & volley, chest & volley, headers, etc.  
KEY COACHING POINTS: Make sure groups rotate every 45secs – 1min!!! Good first touch, on toes when receiving, weight and accuracy of the pass.



### Activity 4: Passing Race

Using the same gates, players now work in their pairs. They have 1minute to pass through as many gates as possible. After they pass and the partner receives the ball, they dictate the direction of play. Player without the ball must create angles to receive through the gates.  
KEY COACHING POINTS: First touch, control of the ball, awareness of space



### **Why do the players have so much freedom to place the cones and organize themselves in this drill?**

If there is one thing I detest in youth soccer it is coaches and parents running games by shouting at the players and telling them exactly where they want them to stand and what they want them to do.

When I started coaching (all those years ago!), if the opposition coaches were shouting I would shout just as loud, but I quickly realized it did no good and the players were learning nothing. And coaches must realize it's about the players not themselves!

Whilst working in Chicago last year, I had a team who were predominantly Hispanic and one week we played a team that had four coaches, two on each side of the pitch. One with the attack and one with the defence on either side of the pitch.

They were shouting instructions, very direct instructions as to where they wanted the players to go, in defence and attack. My players were taken aback by this and were looking around them at these adults who were screaming at their players on the pitch. It kind of disorientated my players because the sound was so loud and quite alarming to them and, if truth be told, to me also.

It took me some time to get my players settled into the game. They were not responding well to the situations due to the amount of noise from the side of the pitch. I did comment to the opposition coaches that they had nearly deafened me and could they calm down – which as you can imagine made them shout even louder.

But what came across to me was all their players were looking to the coaches constantly to be told what to do and where to go. They couldn't do it on their own. They were playing long balls to a goal hanger with little passing play in-between. They were 1-0 up at half time, but as my players got used to the noise we won the second half 3-1.

The point I'm trying to make is that we do not want to create robots, and we most certainly do not want to have any group of players reliant on the coach telling them what to do in a game situation. The beauty in soccer is that it is a game which relies on the player's instinct and their ability to see things that others can't. For years, coaches have driven the creativity out of players and if there is anything that players should take from this spring season, it is to learn how to express themselves and be creative on the field.

### **Quote of the Week**

**“The only thing worse than making a wrong decision is the inability to make a decision.”**