

Supplementary Training Program

Upper St. Clair Group Training



Session Focus	Moves to Beat an Opponent	Session Theme	1v1's, 2v2's
Location	Recreation Center, USC	Week Commencing	8 th April 2013
Coaching Staff	Matthew Pearson & Daniel Hannan		

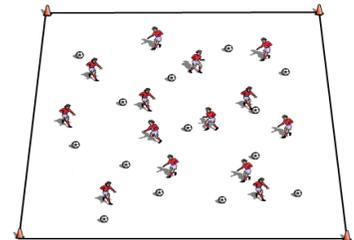
Today's Training Focus: Control

Our session today focuses on the player controlling the ball and moving at speed whilst trying to beat an opponent. With directional goals and various challenges, players work in 1v1 and 2v2 situations to beat their opponents.

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.

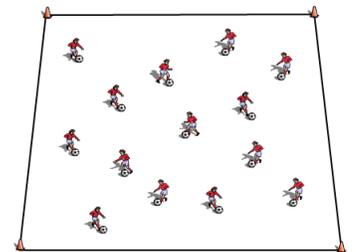
Coaching Points: Intensity is key, players should always be moving and working.



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. It is imperative that everything is explained to the players and that they understand where and when they would perform these moves.

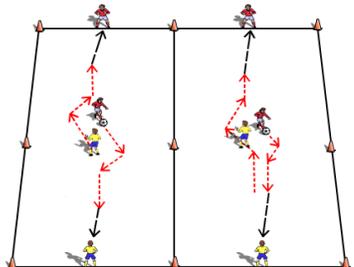
Coaching Points: When turning, players must shield, turn and accelerate.



Activity 2: Dribble and Turn

In the same 30x30 yard area, the field is split into two 15x30 yard zones. Players start unopposed dribbling into the middle and performing a turn to move into space, thus teaching them moves to beat opponent. Once completed, the players pass to the waiting at the opposite end and play is continuous.

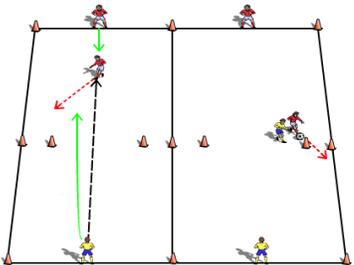
Coaching Points: Encourage players to take soft touches, lift head for awareness and control speed of movement.



Activity 3: 1v1 Situations

The field is kept the same as the previous activity. Play is initiated by the yellow player who passes to red. Red has to control and dribble through one of the 'goals' to their left or right. The yellow player follows their pass and becomes the defender, trying to win possession of the ball.

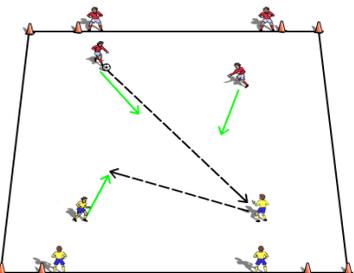
Coaching Points: Use a change of direction if required, take touch to protect ball from defending player, put body between ball and defender.



Activity 4: 2v2 Situations

The middle line is removed and play is reverted into the 30x20 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiate play by passing into yellow. Players now have three decisions to make – pass, dribble or shoot. The objective is to get players being creative with the ball and learning the basic fundamentals of the game.

Coaching Points: Encourage width of play, changes of speed and direction.



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Can you imagine how it feels to be picked for the team, or left on the bench?

I read an article this week by an England international who was talking about what it meant to be picked to play for England in the World Cup and the feeling of euphoria when they saw their name on the team sheet.

I thought about this in relation to my own teams and the look on player's faces when they see their names on my tactics board at the start of a game. It gives them a huge confidence boost so it's worth putting names on paper and letting them see it.

It is also a huge boost to that child's confidence, not just on the pitch but through the whole of their social and family lives. Imagine then the opposite. Not picked or on the bench week after week. Think about what it does to their confidence and the way they see themselves.

As a coach, you have a duty to that player in both their soccer education and their motivation – therefore you must give all the members of your squad time on the pitch in every match.

And don't always make the same player sub. Often if you have weaker players giving them a good run out in the first half will do less damage to your team than if you bring them on late in the game when your players are tired.

The article I read was about David Beckham – possibly the biggest name in world sport – talking about playing at the top of the game. But even though your players aren't representing their country the feeling of euphoria they get when they see their name on the team sheet will be just as great.

It is such a simple thing to do for your players and yet it is something they will think about for the rest of their lives.

Quote of the Week

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”

- Michael Jordan