



Session Type: House League Level

Coach's Name: Colin Foy

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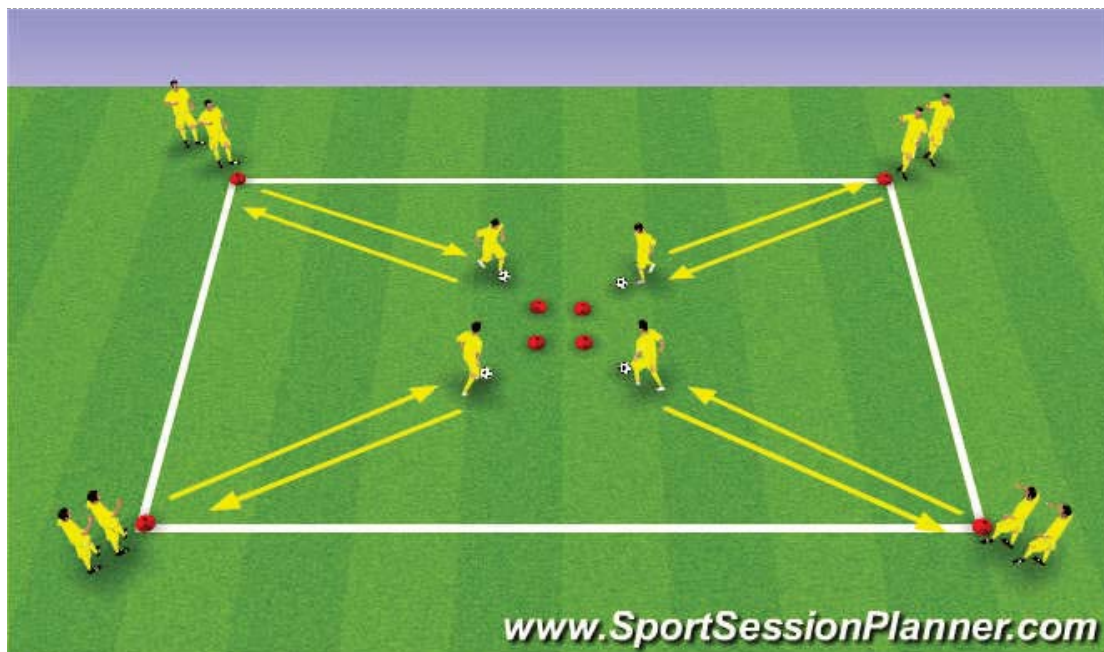
Description:

Probably the single most important thing a child can learn in soccer is to be comfortable with the ball at their feet. And the most effective way to establish and enhance that comfort is to give them multiple touches on the ball, i.e. increase their foot skills.

Coerver Box (20 mins)

Setup:

a) 10 yards X 10 yards box, marked out by cones in the corners and either a single cone in the centre or a square of 4 cones, 1 yard apart.



Instruction:

a) Four teams of players in each corner of the Coerver box, each team has one ball.

b) The first player dribbles to the centre cone and performs a turn, dribbles back and exchanges the ball with a teammate.

c) Players dribble towards the centre using each of the following techniques in turn:

- Dribbling with Baby toe.
- Using bells moving forwards.
- Pushing ball with sole of foot, alternating left and right foot.

d) Changes of direction using:

- Inside Cut
- Outside Cut
- Drag back
- Stop turn
- Step over

Coaching Points:

a) Encourage players to start slowly and encourage good technique.

b) Increase speed as players is comfortable with dribbling and turning technique.

c) Move steadily into centre and accelerate out for a change of pace.

Progression:

- Dribbling: Backwards bells, Dragging ball back with sole of foot, alternating left and right foot.

- Perform the following at centre: Scissors, Double scissors, Step over, Double step over

- Pass the ball out to team mate following turn at centre.