

4-17-2011

U9G Turf Training EPHS TURF FIELDS

I Warm-up 15x15 Grid Ball each

-USUAL COACHING POINTS

-Whistle = STOP under control

-Dragback/Pullback

-Set up random cones as opponents --Do multiple times, keep count

-SOCCER FREEZE TAG

II "Can You Try This?"

-Toe touches

-Pendulums

-Inside Outside Inside Outside (same foot)

-Inside Outside Dragback

-"Sole-overs" -- Lateral movement --> ALWAYS TO THE INSIDE

III 4 Corner Goal Game

-Team attacks goals that are opposite one another (diagonally)

-Points for attacking one goal, changing direction to attack other goal
whether successful or not

III SSG

-Free play to goals

-KEEP SCORE

-Encourage experimentation with DRAGBACK and other movements presented