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**Ball Manipulation**

1. Cadences
  - A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
  - B. 1(R)-2(L)-Sole(R) (Dragover to inside)
  - C. I-O-I-O (all same foot)
  - D. I(R)-O(R)-I(L)-O(L)
  - E. O(R)-I(R)-O(L)-I(L)
  - F. I-O-Sole(same foot)
  - G. Sole-sole-scissors(same foot)
  - H. I-O-sole-scissors(same foot)

I=inside of foot  
O=outside  
R=right foot  
L=left

**Steal-and-Shield possession activity**

- 20x20 grid
- 2:1 player-ball ratio
- Player with ball attempts to retain possession
- Player w/o ball attempt to gain possession of any ball
- Timed (10-20 seconds)
- Players in possession of a ball at "STOP" gain a point
- Play several times, coaching points at natural stops.
  - Close control
  - Awareness
  - Shielding
  - Find space

**Training**

**Free Dribble in LARGE area**

- Quick recap of covered skills
- Introduce / cover new skills
  - Random discs as defenders
  - Pairs dribbling at one another
- Reduce area if too easy or more challenge is needed/desired.

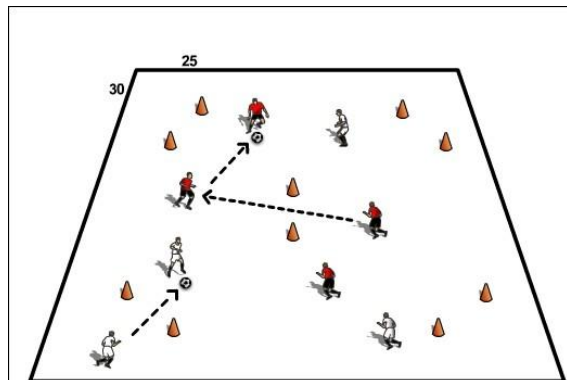
**Skills covered last session:**

- Dragback / Pullback
- Inside & Outside Cuts / Hooks
- 1/2 Preki
  - Drag/roll ball from outside of stance to inside of stance.

**Skills to cover this session:**

- Scissors (regular, NOT double)
- Stepover (reverse takeaway)

*These two skills are often confused for one another. Help players understand the differences!*

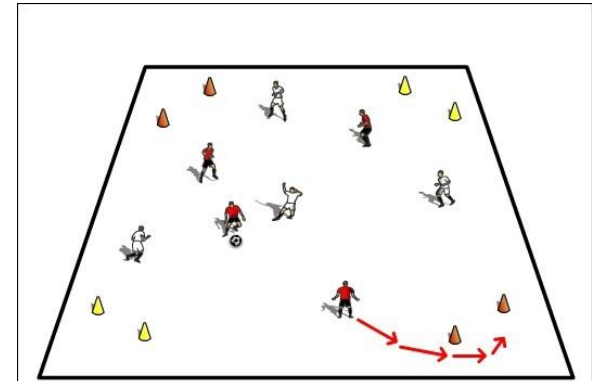


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**5 Goal Game** --- 4v4 in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins.

Begin with ball per team, no mention of "defending" or preventing other team from accumulating points. Allow players to discover/problem solve.

Take one ball away for an SSG passing activity.



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**4 vs 4 To Four Small Goals** --- In a 35 X 30 yard grid with a small goal in each corner teams attack the two opposite goals and defend their two goals. When the ball goes out of bounds it can be passed or dribbled in to play.

Point for completing pass to teammate through goal  
-or-  
Free play - goal must be scored with correct push pass technique

**Coaching Points:**  
-Stress recognizing opportunities  
-Timing of passes  
-Playing away from pressure by changing the point of attack  
-Efficiency of touches



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**ATTACKING THIRD GAME - Shooting**  
4v4 / 4v4+1 / 4v4+GKs --- Full or modified width depending on numbers / playing level.  
-Provide "far post goals" (Puggs) on the coned line between middle and attacking third.  
-Provide flags defining the far post in the large goalmouth.  
--Free play within the "Attacking third"  
---Encourage many early shots as is desired in attacking third.  
---Encourage far post attempts (additional point?) while still allowing for near post strikes.

**COACHING POINTS:**  
-Shooting technique. --low, hard, far post  
-Follow up  
-Far post runs  
**VARIATION:**  
Define a midfield line which an attacker may not retreat behind. Provide numbers up for attacking team.  
"You never score with any of the shots you never take!"