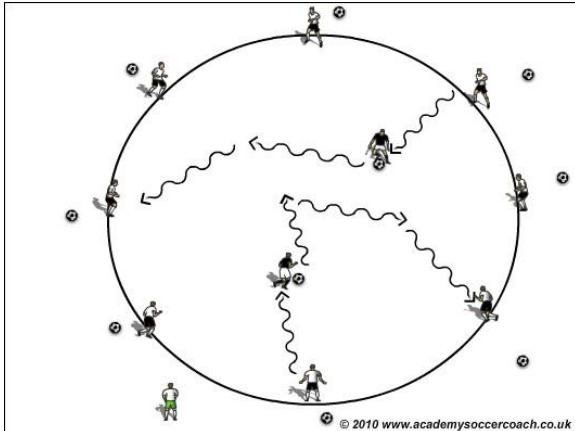


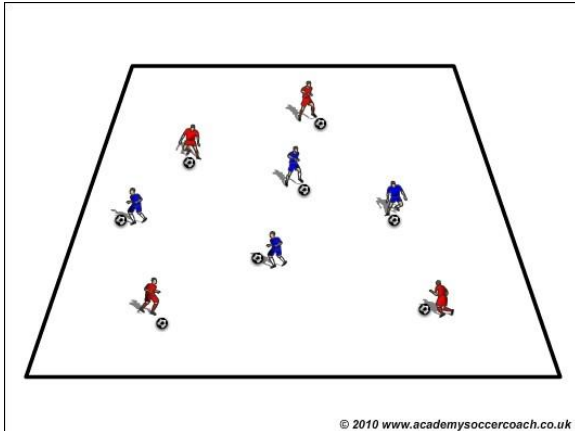
U9G 2011-09-01



Dribbling Warm-up
 Center circle or similar area
 Receive ball (takeover) from player in circle
 Dribble through circle, executing turns/skills
 Deliver ball to waiting player on circle (takeover)

COACHING POINTS
 No static feet on circle. Always ready, athletic stance/posture
 No dribbling in straight lines, always taking new angles

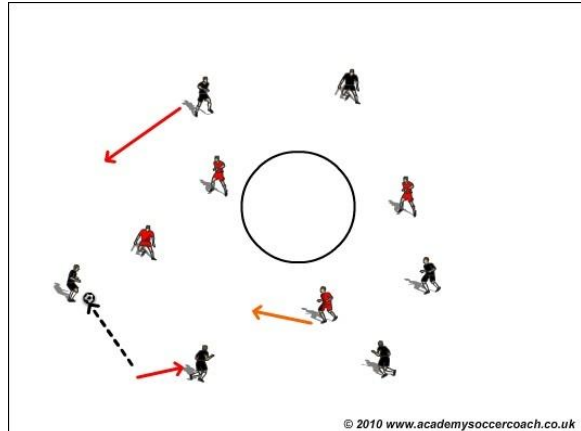
EPSC - TRAINING



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

MERRICK



POSSESSION, PASSING, and DRIBBLING
 6v4, 4 defend the circle
 Attacking team maintain possession and score by dribbling into the circle
 --Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle
 Defending team score by dribbling ball outside of area while in possession

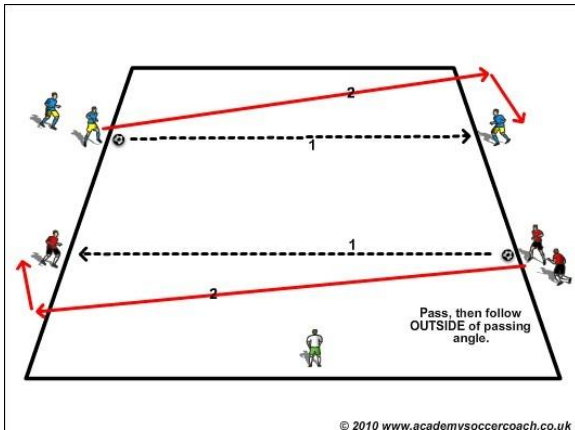
COACHING POINTS:
 -Creating space
 -Dribbling skills
 -Quality of passes
 -Support and off ball movement

DONE:

- Dragback
- Cut -Inside and Outside
- Half Preki
- Scissors
- Stepover
- Double Scissors
- Full Preki

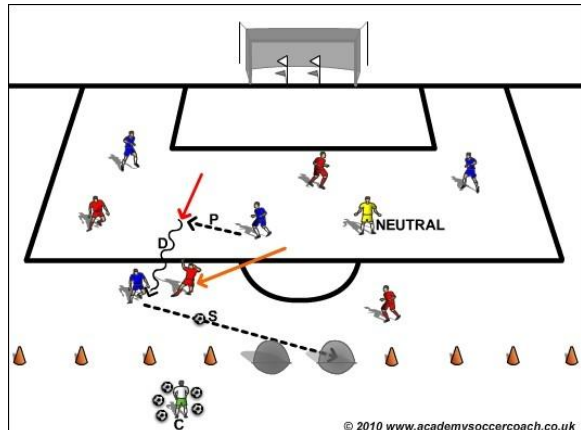
TO DO:

- Cruyff
- Puskas (outside of foot take-away)



Groups of 3, 1 ball per group
 10-15yds between partners
 Push pass to feet followed by change of pace to opposite line
 NO ONE TOUCH. A controlling touch is required

COACHING POINTS:
 -Quality of pass (weight and accuracy)
 -Quality of 1st touch/control
 -Change of pace to side, not at partner
 -Vision. Chin up except while striking ball
 -Ball in continuous motion, high tempo!



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!"