



SAA Rec Coaching Clinic Level 1 7-8 Part 1 of 2

Category: Technical: Ball Control

Difficulty: Beginner

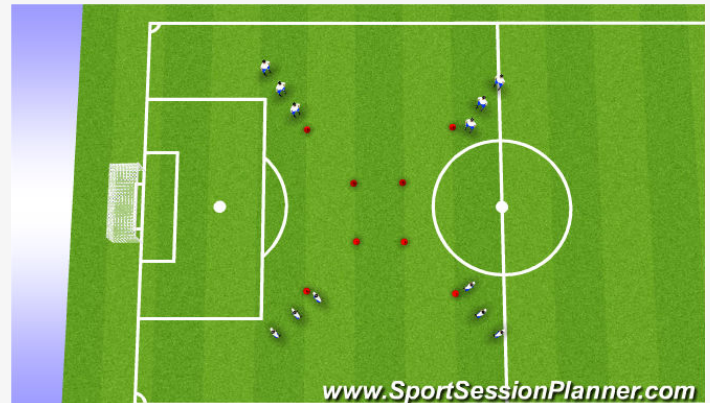
Am-Club: SAA Sports Club United
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Club Warmup

Directions:

Players from each line will be asked to perform different actions as they move towards the smaller corresponding corner in the small box.

1. Jog
2. Shuffle
3. Karaoke
4. Roll the ball
5. Toe touches
6. Headers
7. Sprint



Field Goal Dribbling

Start at position 1

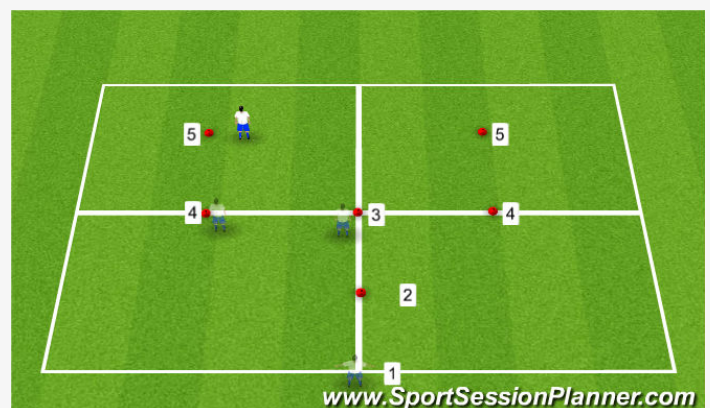
Dribble to position 2 and then increase pace to Position 3 (Must have ball under control)

At Position 3 change Direction to Position 4 on either Side

Then go at pace again before changing direction and going at pace to Position 5.

Once there you can either stop showing you still have possession or end with a strike at goal.

Focusing on change of pace and changing direction quickly.



Station 4: Y Drill (10 mins)

Directions

Players will pass and move from one cone to the next. Player 2 will receive, turn and play the top of the Y. The player in position #3 will play it back to the start of the passing sequence to re-start the passing drill. Players in the #2 position should be alternating the direction of their turn to include players in positions #3 and #4.

Coaching Points

Constant Movement

Differentiate one touch, two touch, inside left, inside right, etc.

Keep the ball close on the first touch.



Learning Objectives



Technical

Passing with inside of the foot. Receiving with outside and inside of the foot. Turning with inside and outside of the foot.

Def Proper Positioning (10 mins)

Directions:

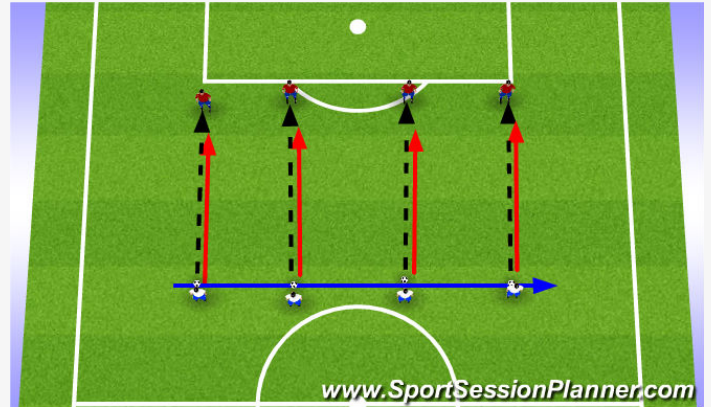
Players will partner up with one ball and stand approx 20 yards apart from each other. The blue player passes to his red partner and then approaches him to demonstrate proper defensive body shape. When the blue player receives the ball he will dribble towards the blue line, dribbling side to side forcing the defending players to reposition their body to be in proper defending position.

Coaching Points:

Close down space.

Slow down and get touch tight.

Don't allow your legs to get crossed up.



Protect Your Home 1v1 P1 (15 mins)

Objective

Teach players basic attacking and defending principles

Setup

25x30 rectangle

3 small goals for each player to defend

Directions

Blue Defender plays a ball to Red Attacker who receives ball and goes at defender to beat him behind to central goal for 3 points or to either side goal for 1 point. If Defender wins ball he goes to opposite three goals and chooses best option to score.

Progression 1

Coaching Points

Defending player should close space down for the attacker as quickly as possible under balance.

Read attackers first touch

Get touch-tight

Win the ball at the right time.

