



SHOOTING AND 1v1

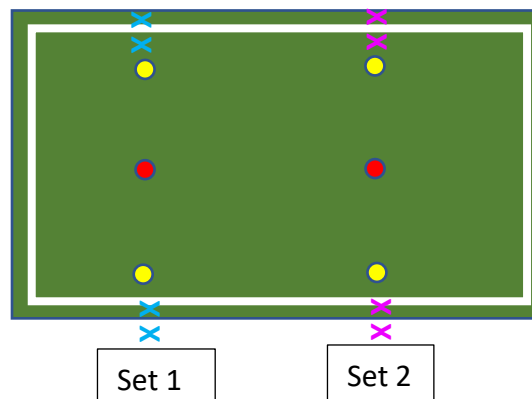
Practice NEEDS:

- A full bag of soccer balls
- 1 Red PowerNet
- Pinnies
- Cones

1) Minutes 5-10: Warm-up with 1v1 Moves

Set Up: Set out two cones approximately 15 yds apart with a different colored cone in the middle. If you have 8 or more athletes, make two sets, the second set of cones about 5yds away from the first.

You need a ball at each Outside (yellow) cone.



1v1 Warm Up

***Using the picture above for explanation*

Have your team divide evenly (or as close as possible) on each of the yellow cones above. The group on the yellow cones of set 1 should face each other with a ball, and the same for set 2. The first person at each cone (with a small line in behind them) should begin at the same time. To start, pick a move such as the “feint”/ lunge move. Make sure to tell them to fake Left, take it away right so that they do not bump into each other. Instead they should meet close to the cone at the same time, do the move on the cone then dribble to the other line, gently passing the ball to the person at the front of the line. Once both sides have received the pass, they make eye contact and try to dribble toward the red cone at the same time.

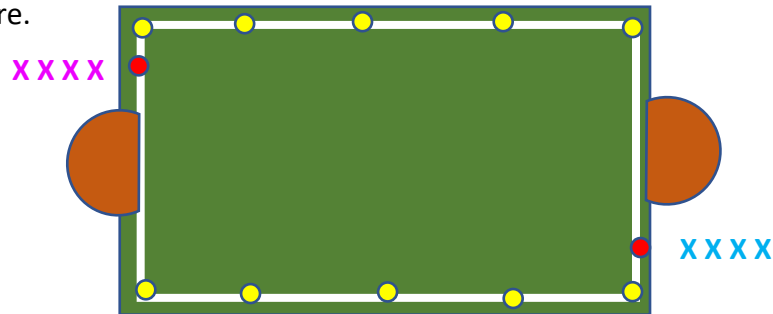
Progression: Some good moves to try include scissors, double scissors, Matthews (Big Toe-Little toe), and for fun the Maradona (spin move)

Progression 2: Especially for the older groups, instead of the moves above, combine moves for fun such as: step over-scissors, instep roll into scissors, pull turn-step over-maradona, etc

WATER BREAK

2) Minutes 5-10: 1v1 Drill

Set Up: With cones mark out a 20(L) x 15(W) yd field. Place PUGs (Pop up Goals) on each end of the field, and place a different colored cone by each goal for the teams to stand without being in the line of fire.



1v1 Drill

The above diagram is used for explanation.

Split the teams in half evenly, then make sure every kid has a ball and gets in line; one team should stand behind the red cone to the right, the other team behind the other red cone.

When you say "go", have the first person on team PINK dribble to the other side and score. AS SOON as he scores, he needs to defend the first person in line for BLUE (dribbling from the red cone) who is going to try to score on him. If the ball goes out of bounds, the defender steals the ball, OR the BLUE player scores, BLUE immediately plays defense and Pink immediately tries to score on him. Keep track of goals score for competition. "First to five...seven...win".

After each athlete has taken his turn as offensive player then defensive he should return to his offensive line to take a turn again when he is at the front of the line,

Progression: If the defense wins the ball they either pass it to the coach (standing at a sideline) for a point.

WATER BREAK

3) Minutes 10-15: Keeper Wars

Set Up: You will now need to use the larger goal on the field as well as one of the power nets from the shed, place the goals on the sides of the goal box so they are facing each other. Your playing field will be the penalty box (larger box). Put a line of cones going down the middle splitting the box into 2 halves. Also place one cone to the left of each goal, about 5yds from the goal post for safety. *You can have the teams remain the same or split them up differently.

KEEPER WARS

Splitting your team in half again (Team Blue/Team Pink), have each kid bring you a ball off the field at the halfway point so you have a pile from which to pass the ball in for each player that is up. The objective of the game is to get the other players out by scoring on them. Start with a player from team Blue in the goal. The coach will pass the ball to the first player on Team Pink, who is allowed to take one touch then must get his shot off before the ball crosses half field and before the ball stops moving. As soon as each kid receives the ball, takes one touch, and a shot, they must immediately become goalie on the goal behind them. As soon as Team Pink shoots, the coach IMMEDIATELY passes to the first person on Team Blue. This sequence continues until one team is eliminated. Once a player is scored on, he is out. If he is not out and completes the round of receive, touch, shot, then keeper, before returning to the line he must make sure he finds a ball and passes it to the coach. Play until one team has no one left

***Proper shooting form** includes using the laces, ankle locked DOWN, plant foot ahead of or beside ball, and body stays overtop.

WATER BREAK

4) Minutes 10-15 Conclude with a scrimmage but before starting make sure your players understand what a corner kick is, how to properly throw the ball in, and what you expect on corners and set plays because this weekend its GAME TIME!

WATER BREAK

5) DEVOTIONS-WEEK 3.

Finish in Prayer