



COACH JOHN'S FAVORITE PRACTICES

Hi Everyone,

Wow, time sure flies. Here we are at week 7, temperatures are dropping (in the weather), but not on the field. PTT's are over for the season, and many teams are preparing for the Henderson Cup 2018 tournament

As I walk the fields, I am not seeing coaches' IDs and a lot of teams are still using a lot of space. As daylight diminishes, please be aware that Anthem will be come overcrowded. I have chased everyone who is not in our league off our fields, but practice space will soon be a problem. Goals should run the width of the field not in the proper goal area.

"PLEASE LET'S KEEP THE FIELDS IN GREAT CONDITION"

As I train teams, I am often asked what are my favorite practices. I enjoy more technical practices than tactical practice, but I will give you both. Try these - even the simple ones with a Coach John variation is fun.

TECHNICAL

1) Warm Up

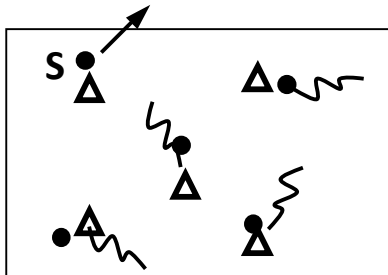
A. Shark = All Ages

- 1- "Little fish" players each have a ball and dribble within the grid
- 2- 1-2 Sharks (NO ball)
- 3- Shark tries to win the ball and kick it outside the grid
- 4- Little fish tries to keep the ball by dribbling under control and finding space
- 5- Little fish leaves the grid when ball is kicked out
- 6- Once all little fish are out of the grid, select a new shark

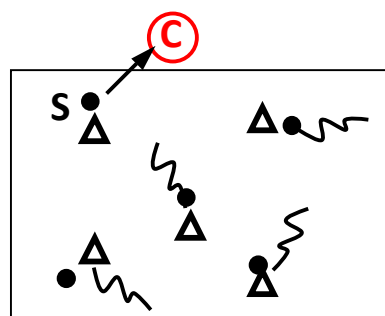
B. Coach John's Variation

- 1- If shark wins the ball, shark passes ball to coach's feet.
- 2- Little fish must fight for the ball

A)



B)



Coaches' Points

- 1- Dribbling under control
- 2- Dribbling with eyes up (NOT looking at the ground)
- 3- Awareness of other players and sharks
- 4- Possession
- 5- Passing

2) Ball Mastery (everyone has a ball - all ages)

A. Dribbling in a grid

B. Players using BOTH feet

- 1-Right foot, inside and out
- 2-Left foot, inside and out
- 3-Both feet, inside and out
- 4-Bottom of feet, roll, push and drag
- 5-Laces

C. Incorporate ball skills

- 1-Sole (bottom of foot) rolls (across the body)
- 2-Step over (around the outside)
- 3-Pull, push

D- Change of Direction (C. O. D.)

- 1-Pull/Drag back
- 2-Inside cut
- 3-Outside cut

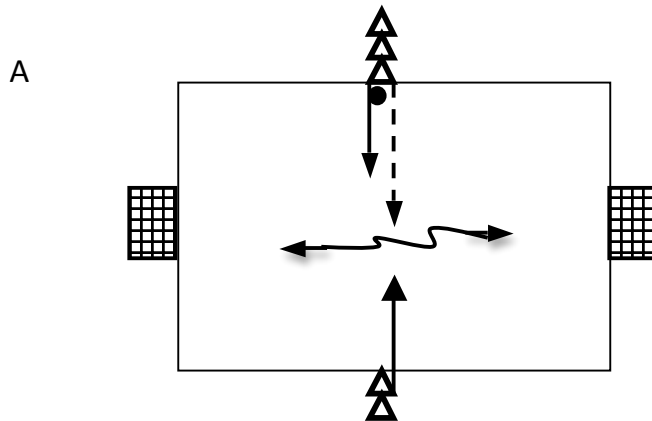
Coaches' Points

- 1- Dribbling
- 2- Skills to beat your opponents
- 3- Self confidence
- 4- Timing
- 5- Awareness

3) Small-sided games

A. 1v1's (all ages)

- 1-1-2 lines (using the width of the field)
- 2-Defender serves to the attacker
- 3-Defender closes down the attacker
- 4-Attacker must use a skill move to beat defender
- 5-Attacker must shoot in goal (attacker can shoot at either goal)



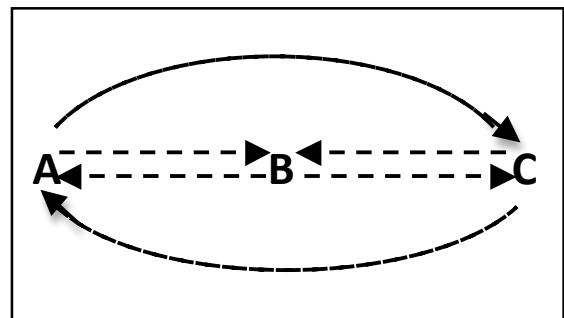
4) Technical Passing

A. Short, short, Long (U8 and above)

- 1- 3 players with one ball
- 2- A passes to B
- 3- B passes back to A
- 4- A passes LONG to C
- 5- C passes to B
- 6- B passes back to A
- 7- C passes long to A

NOTE: Repeat as many times as needed)

- 8- Rotate all players



Coaches' Points

- 1- Passing: Good mechanics & proper weight of pass
- 2- Receiving: Soft touch (ball is an egg!), touch outside away from pressure

5) Scrimmage Game

- A- 3v3, all ages
- B- 4v4, U7 and up
- C- 5v5, U9 and up

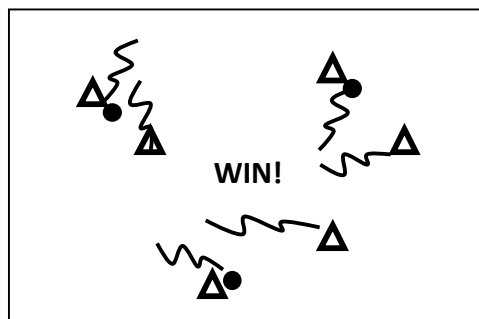
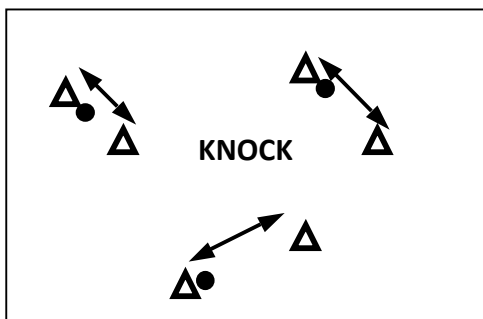
NOTE: Make it a competition, "Loser pays the price"

TACTICAL

1) Warm up

Knock the ball/win the ball - ages U8 and up

- 1- 2 players with one ball
- 2- Players knock (pass) the ball back and forth, 3 to 5 yards apart
- 3- Players must move and adjust to the ball
- 4- Coach commands "WIN"
- 5- Player with the ball possesses the ball and keeps it away from the other player
- 6- Player without ball must try to win and control the ball
- 7- Coach commands "KNOCK"
- 8- Players spread and knock the ball back and forth



Coaches' Points

- 1- Passing (mechanics, weight of pass)
- 2- Receiving (soft touch)
- 3- Support of the ball (facing)
- 4- Possession
- 5- Transition

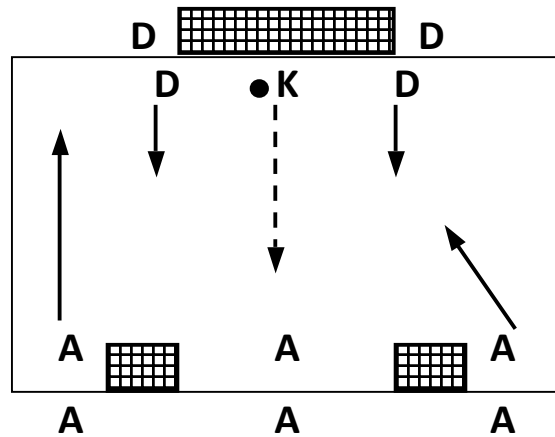
2) Small sided game

3v2's and keeper, ages U9 and up

- 1- One large goal
- 2- Two small goals
- 3- Three attacker lines at small goal side (A)
- 4- Two defender lines at large goal side (D)
- 5- All the balls at large goal
- 6- Keeper serves ball across to attacker

NOTE: Point system, large goal, 1 point, small goal, 2 points

Ball scored by defender side in small goals, coach commands "SWITCH". Defender becomes the attacker, attacker becomes the defender 'QUICKLY'.



Coaches' Points

- 1- Team work
- 2- Passing and receiving
- 3- Pressure
- 4- Speed
- 5- Awareness

3) Possession and Transition game, ages U9 and up

A. 3 equal areas, 10 x 15

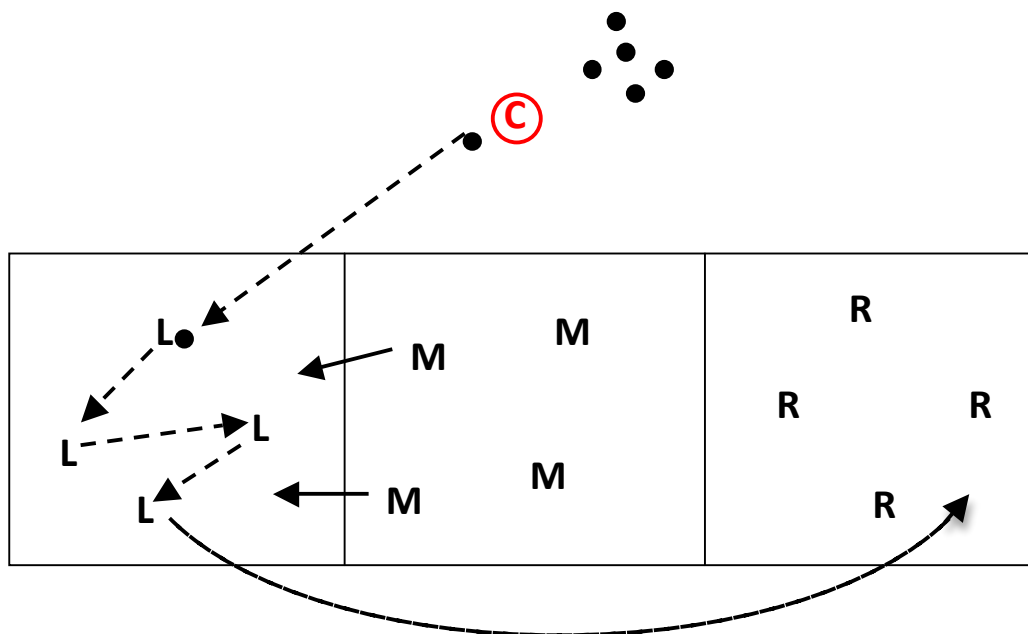
B. 3 equal groups or players in 3 different colors (L=left, M=middle, R=right)

C. Possession

- 1- Coach serves ball to L grid
- 2- Two M players move to L grid to try to win ball and pass to M grid
- 3- L players must complete 3 consecutive passes under pressure

D. Transition

- 1-After 3rd pass, L can pass ball through or over the middle to the R grid to earn point.
- 2-Two M players move to R grid to try to win ball and pass to M grid
- 3-If ball is passed successfully to M grid, one player from L grid and one player from R grid enter M grid to try to win ball and pass to his/her team's grid
- 4-If ball is lost out of bounds from L or R grid, coach serves ball to opposite grid.
- 5-If ball is lost out of bounds from M grid, coach serves ball to L or R grid, (whichever side did not lose ball to the M grid).
- 5-Play for 5-6 minutes, then switch L players to M grid, M players to R grid and R players to L grid.
- 6- Repeat drill until all 3 groups have has a turn in the middle
- 7-Keep track of points scored for cross-grid passes for each group



Coaches Points

- 1- Passing
- 2- Receiving
- 3- Support
- 4- Possession
- 5- Defender
- 6- Pressure
7. Transition
8. Speed

If you have any questions about these drills or need training assistance, contact me via email at usalvcoach@earthlink.net, or via text to 702-612-6450.

See you at the fields!

Coach John