

EDUCATE - CONNECT - INSPIRE

**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 1/2**

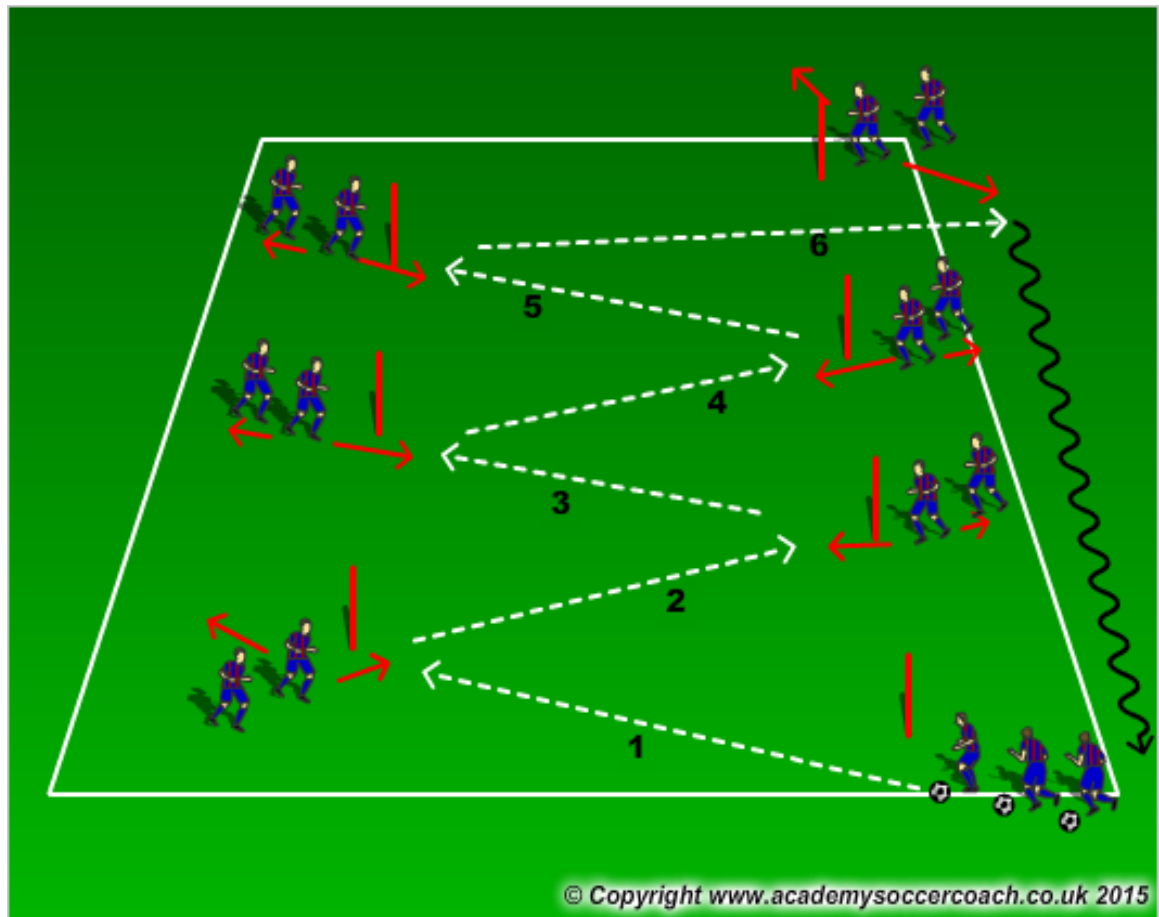


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Session Four: Change of Direction: Fakes with the sole/advanced



LIVERPOOL PASSING WARM-UP



Area: Poles or cones marked out 12 yards apart in a zig zag pattern.

Description: Players at the start with a ball. The first player to receive checks away and pass # 1 is played into his feet, the players should receive inside of the pole and pass with his 2nd touch, following pass through.

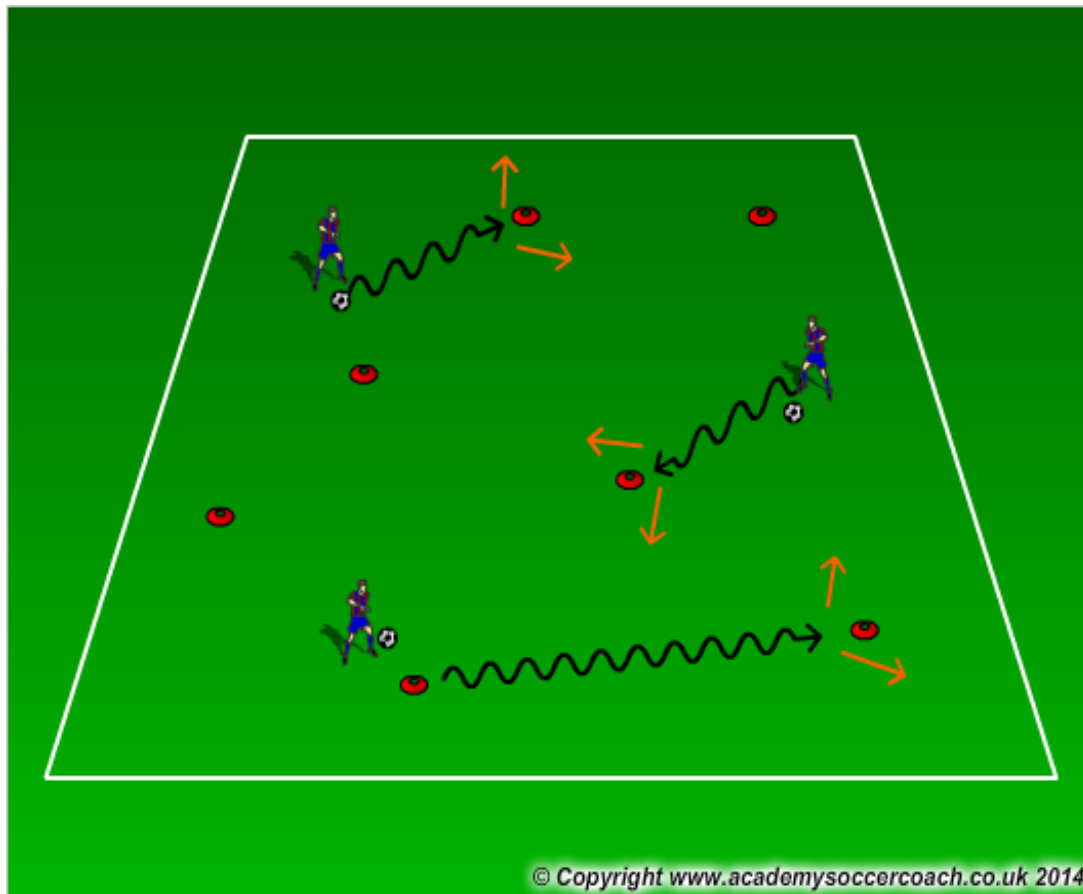
Progression:

- # 1 – Receive around the Pole, checking to ball and then back peddaling to receive around pole
- # 2 – Pass, Pass & Set, in front of pole, tight 3 pass sequence
- # 3- Wall pass around the pole

Coaching Points:

- # 1 – Timing of movement off the pole
- # 2 – Game speed movements and passes
- # 3- First touch attacks the space

DRIBBLING: FAKES



Set-up: Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

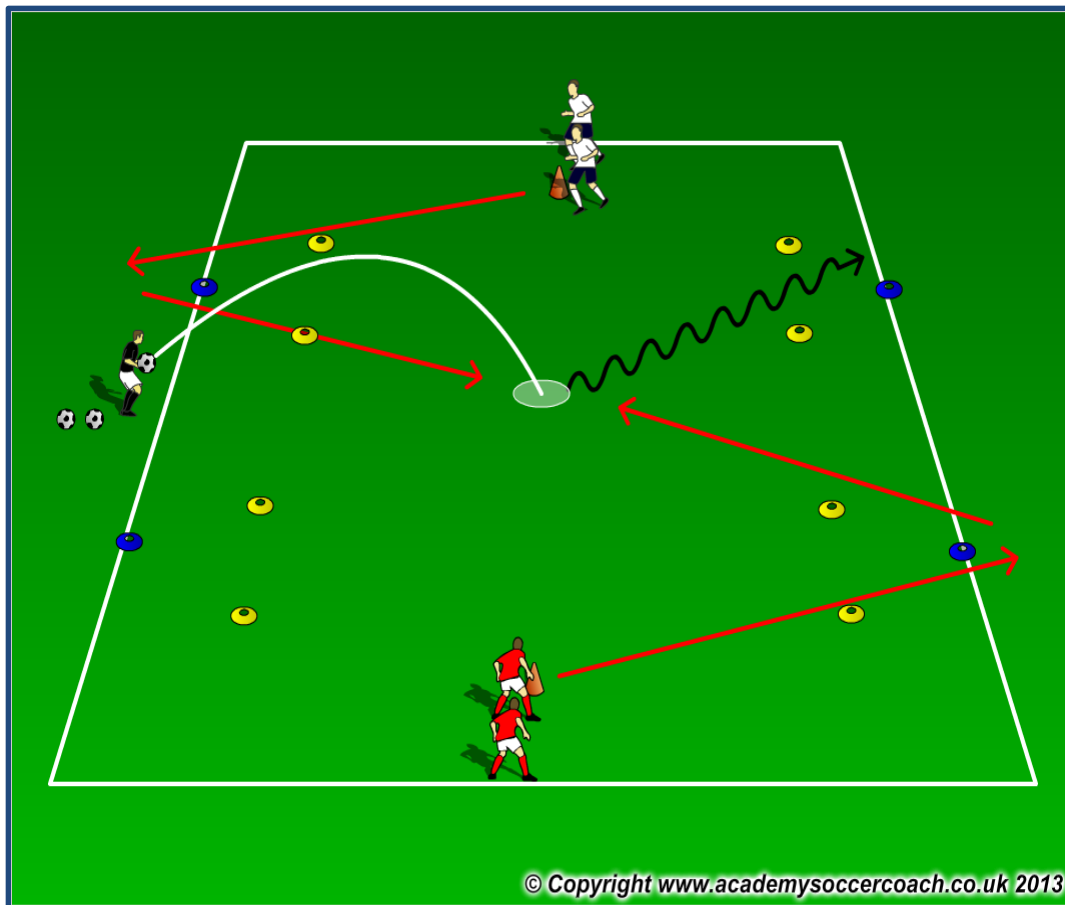
Description: Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

Moves: Roll-overs, v-pull, scissors, step-overs

Coaching Points: Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

1 VS 1's: CHANGE OF DIRECTION



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

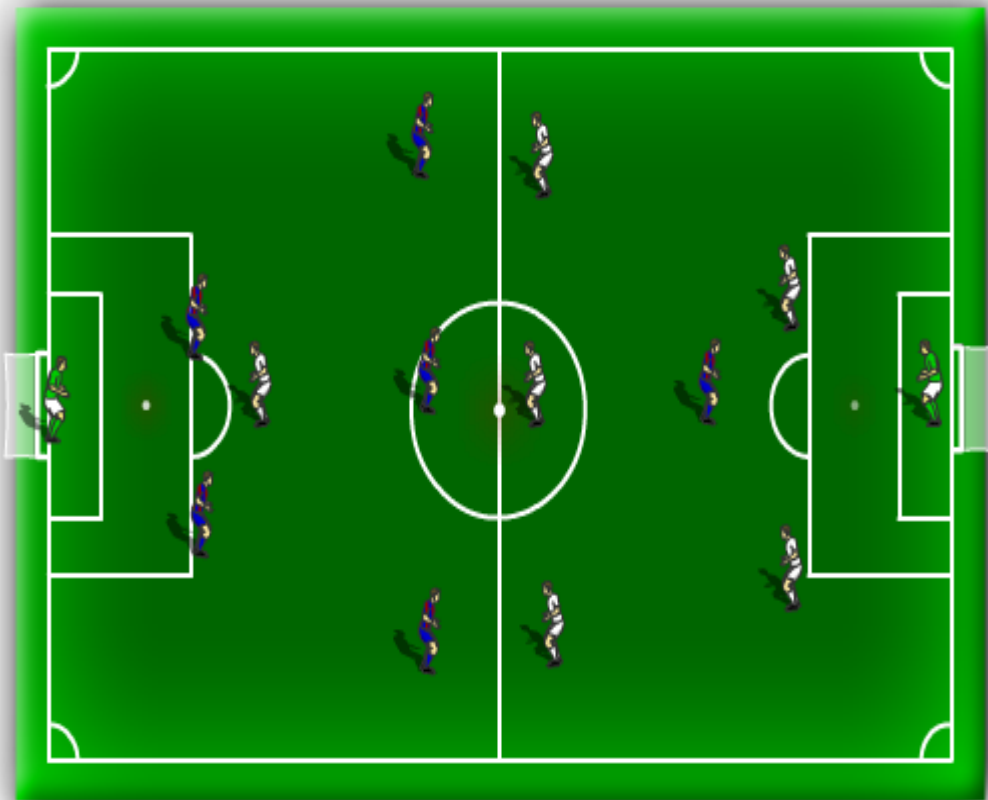
Description:

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

- Always protect the ball
- Correct Foot
- Scan
- Quick acceleration after move
- Moves: Use turns/fakes from Week 1-3

5 vs 5 or 6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Moves: Add points/goals for all 1 vs 1 moves