

## Wednesday night Skills With Coach Stricker



### STATION 1- Technical Dribbling Session

\*Coaches are looking for change in direction and speed with the ball under control and using all three surfaces of their feet (inside, outside and bottom of the foot)

**#1) Snake Dribbling**-4 rows of cones 2 yds apart- 2 lines of players.

Players dribble up one side and back on the other using the following:

- 1) Inside and outside of the right foot only.
- 2) Inside and outside of the left foot only.
- 3) All insides. Alternating right and left feet.
- 4) All outsides. Toughest one. Make sure players step past the ball to get the ball on the inside of their body and then push it back diagonally the other way using the outside of the foot.
- 5) Push it up and roll it across their body from outside to inside across their body.

**#2) Relay races**- 4 lines of players. They must race up and around the last cone and back.(changing direction with speed and under control)

- 1) Change directions by pulling it back with the bottom of their foot
- 2) Change directions by chopping the ball with the inside of the foot
- 3) Changing directions by pushing the ball with the outside of the foot.  
(the more advanced they are the more you can challenge them with different turns.)

**#3) Practice moves and play keep away**- Players get challenged by practicing new moves from the coach and playing keep away to practice those new moves inside the square.



## **STATION 2- Technical Passing Session**

\*Coaches should be looking for correct technique on pass-inside of the foot, toe up, ankle locked, and follow through to target. Also look for the ball to be played with the correct pace and accuracy.)

**#1) Relay race passing-**Players dribble around a cone changing directions different ways and then have to pass it back to their line as fast as they can.

Variations of changing directions

- 1) Chop it right or left foot-using the inside of the foot- and pass
- 2) Pull it back with the bottom of the foot and pass
- 3) Push it with the outside of the foot and pass

**#2) Square passing-** Players are on the 4 corners of a Square and they must pass the ball and follow their pass to the next corner of the square Clockwise then do it counterclockwise with the left footed passes.

**#3) Gate passing-** one team must pass it through as many gates as they can before the other team can take the ball from them.

If the defensive team gets the ball they just try to play keep away from the team getting the gates. They want to get as many gates as they can when their team is on offense, and they want to deny the other team gates when their team is on defense.



### **STATION 3- Technical Shooting Session**

\*Coaches are looking for the player's plant foot next to the ball, toe down, head forward and strike through the ball with your laces, following through on their shooting foot

#### **1) Shooting off a dribbling move while facing the goal**

3 lines of players 20 yards out- 4 cones side by side 10 yards a way

The players must be creative and dribble to the cones make a move to get around the cones and then get a shot off from behind a certain point(determined by age group)

Different moves- shot fake and go, step over and take, scissors, paw-paw

#### **Variations**

**2) SHOOTING RELAY RACES-** After the players feel comfortable with different moves the coach teaches them have a relay race with moves and a shot to put the pressure on the player to get the shot off quickly and accurately.

**3) For Advanced players-** put the cones/flags in the goal (4 yards in on each side) and make them shoot at the corners.

**4) Back to Pressure Shooting-** Players receive balls with their back to goal from the player behind them in line. They must turn and shoot quickly. Practicing different ways to turn.



#### **STATION 4- Tactical 1v1, 2v2, 3v3**

- 1) **1v1**- Offensive players must beat their opposing player and shoot the ball in their goal while protecting their defensive goal.

\*Coaches are looking for correct posture with the player defending- one foot in front of the other leaning forward and stepping to tackle without diving in. Coaches are looking for player with the ball to change speeds and directions quickly to get around the player.

- 2) **2v2**- Players must decide when to pass and when to dribble to beat the 2 defenders. Players must recognize space and movement. Defensively, the players must stop the ball and give support to the first defender.
- 3) **3v3**- Players now have to decide how to create space for the player with the ball and the players without the ball. Defensively, the players must learn how to Stop the ball, support the first defender and balance the field to get into the passing lanes of the other players.



### **STATION 5- Tactical 5v5 or 6v6**

#### **Players will learn their roles on the field**

**Defenders** -Stop the other team from scoring, get the ball out of the middle and up the field

**Midfielders**- Help the defenders stop the ball and get it up the field to the forwards. They also must help get and keep the ball in the offensive halves middle. They also look to attack the goal and to score.

**Forwards**- become targets for the defenders and midfielders to clear the ball to. When they get the ball they look to go to goal.

#### **Progression**

-In the beginning, split the field in half and have an offensive half and a defensive half. The forwards must stay in their half and the defenders must stay in their half. The midfielders can go anywhere.

-As the players get an understanding you can add a middle third that the defenders and forwards can go into also. So the forwards and defenders can now go to 2 zones. The midfielders can still go anywhere.