

OPEN COACHES CLINIC

Monday, October 3, 2002

“Teaching Player Creativity”

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USSF A License

Warmup: Obstacle Course

Note: Don't give players all the directions at once. Add one “obstacle” at a time, until the players self-direct their own warmup:

- 4 green cones set apart to hop diagonally over
- 1 yellow cone to run around
- Scrimmage vest on the ground to approach, then make four steps laterally away from the cone
- Side-to-side running (shuffling)
- Forward lunges
- Sideways lunges
- Get more ideas for dynamic stretching from the “Coaches Section” on the US Soccer website <http://www.ussoccer.com>

Technical: Dribbling Moves

- Each player has a ball. Dribble freely inside a 20 x 20 yard grid (or circle).
- Coach demonstrates 3 - 4 dribbling moves (e.g., Coerver Moves), assigning each move a number or a name (e.g., “Pele,” “Beckenbauer,” “Pull Back,” etc.).
- As players continue to dribble, Coach calls out a number (or name) and the players execute that particular move.
- Dribbling Moves with the Coaches:
 - 1) “Pullback”
 - 2) “Stepover”
 - 3) Inside-of-Foot “Chop”

1 v. 1 Activities.

- **Keep Your Ball.** ½ the team with soccer balls; ½ the team without balls.

Progression:

- (1) Players without balls add pressure to player with balls--forcing them to turn away/shield the ball from pressure.

- (2) Players without balls try to poke tackle the balls away from the players who have them, but give the balls back.
- (3) Players without balls try to tackle the others & steal their balls.

- **1 + 1 v. 1 + 1.**

- Two players (“A” and “B”) in the middle of a 10 x 20 yard grid. Target Player A and Target Player B on opposite endlines. Game object: Get the ball to your target player without losing possession for a goal.

Attacking player keeps this sequence up until possession is lost (score as many goals as possible). Targets can move back and forth along their lines.

Variation: Each time player on the inside hits the target, he replaces the target.

- **4 v. 2 in a Tight Space: Keepaway.**

- Encourage use of inside of foot, outside of foot, heel, toe poke...BE CREATIVE. TAKE RISKS.

- **3 v. 3 + 1 to Endline**

- **3 v. 3 + 1 to small goals.**

ALWAYS END YOUR PRACTICES WITH “THE GAME.”

Note: Check out “Pill’s Drills” for great practice suggestions. The link is

<http://www.eteamz.com/soccer/pills/jpill.htm>