



## CIYSL 5 FAVORITE SESSIONS FROM:

RYAN LAKIN



USSF National Youth / USSF "A License" / IYSA ODP Staff / IYSA Coaching Ed Staff

Name: Ryan Lakin FAVORITE SESSIONS FOR THE ACADEMY

Date:

Age Group: U9 CIYSL Academy

Topic:

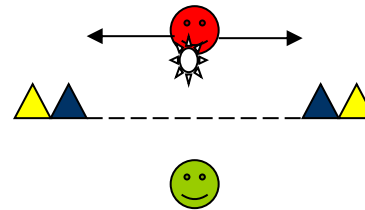
### Activity:

### Diagram:

### Coaching Points:

#### 1. Mirrors

- Partners, one ball, 4 cones
- Players stand on either side of cone line
- Neither player with or w/out ball can cross the cone line. Player with the ball is trying to stop the ball next to the inside cone before his/her opponent touches the outside cone.
- Play for 1 min switch the player who has the ball and then rotate players after 2<sup>nd</sup> min.



- Keep head up
- Keep ball under control

#### Moves CP's

- Accelerate after then move
- Tries moves w/both feet
- Make many fakes and manipulate the ball

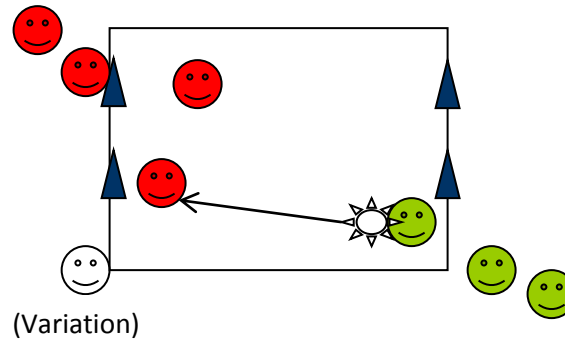
15 minutes

## 2. 2v 1

- **Player 1** plays ball to the 2 players and then player 1 comes out to defend and they play 2 v 1 to goal

### Possible Variation:

- Once the red player has received the ball the recovering player in green or chaser then comes out to help defend



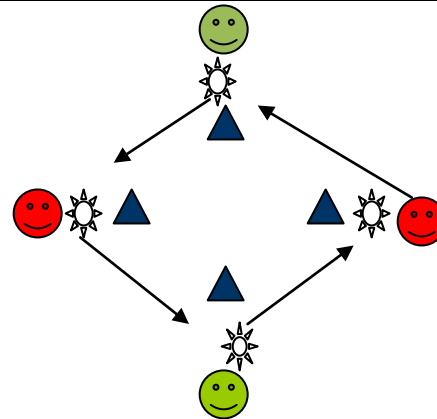
- Keep head up
- Go at the defender with speed
- When you receive the ball go at defender on the dribble
- Emphasize using the 2 attacking moves they learned
- Work on the decisions of when to dribble and when to pass
- If there is a pass, the new attacker needs to take a bigger touch into the space

**15 minutes**

## 3. Diamond Move Maker

(4 moves: 1. Fake/Take 2. Fake/Fake/Take 3. Circle/Take 4. Circle/Circle/Take)

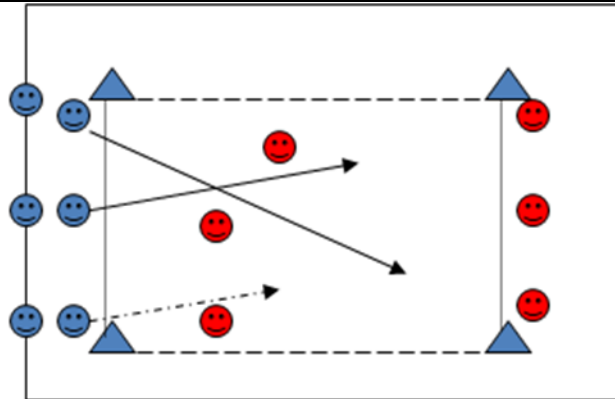
- Coaches demonstrate the 4 moves in order and have the players work on it one at a time.
- Set up a Diamond with players outside the cones.
- Coach Calls out a direction then a command: "We're moving RIGHT... MOVE 1 – GO!"
- Each player tries to get to the correct cone first.
- Alternate Left and Right – go through all 4 moves



- Players should take 1 Touch to the next cone
- Players should end up at the next cone in the exact ready position they started in
- Keep head up
- Keep control of the ball
- Hide their toe behind the ball
- Use the outside of the foot to push the ball to the other cone

**15 minutes**

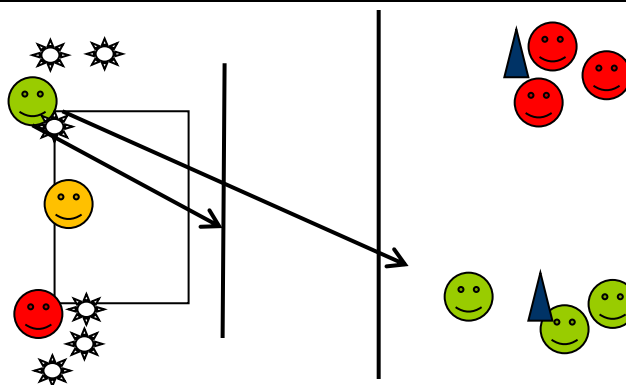
**4. 3 V 3 Transition:** Separate into two teams. Have players get into 3 columns per team on the end lines. Blue team attacks 3 v 3 on the Red team. If the ball goes over the sideline, then the team who lost it becomes the defensive team and the new attacking team can dribble or pass in from the point the ball crossed the sideline. If a ball crosses the end line, then the team who is defending that line goes out and the next three in line attack immediately trying to score on the opposite team. In order to score, the attacking team must dribble across the opposing team's end line and successfully touch the ball within one step of the end line. Coach calls out the goals.



- ENJOY and HAVE FUN... USE MOVES TO BEAT DEFENDERS!!
- Fast transition to offense and defense
- Attack space at speed.
- Decide when to attack with dribble and when to pass
- Defend by putting immediate pressure on the ball.
- Pressure ball with one player!
- Coach determines the target goals for victory

**5. Power/Finesse**

Players separate into 2 teams. Each team has a GK (can rotate). A ball is played out for a long range shot with the instep of foot. As soon as that is shot, a second ball is played to a shorter distance for a side of the foot shot (power then finesse). Set a clear line where the power shot must be taken outside of and where the finesse shot can be taken from



- Plant foot next to the ball
- Head down
- Lock ankle with toe down
- Follow through at target
- Land on shooting foot afterward
- Don't worry about missing or making first shot, get through with both shots!

Can make this a competition where a player must score one of the shots to remain in the competition. In order to reenter the game they must juggle X amount of times to return.