

ZONE I: YOUTH TECHNICAL TRAINING SERIES

OBJECTIVE(S): COMPETITIVE DRIBBLING ACTIVITIES

- I.. Multi-Goal Games to emphasize short passing and receiving.
- II. Target games to increase passing accuracy.
- III. Create fx. environments to emphasize creativity + problem-solving.

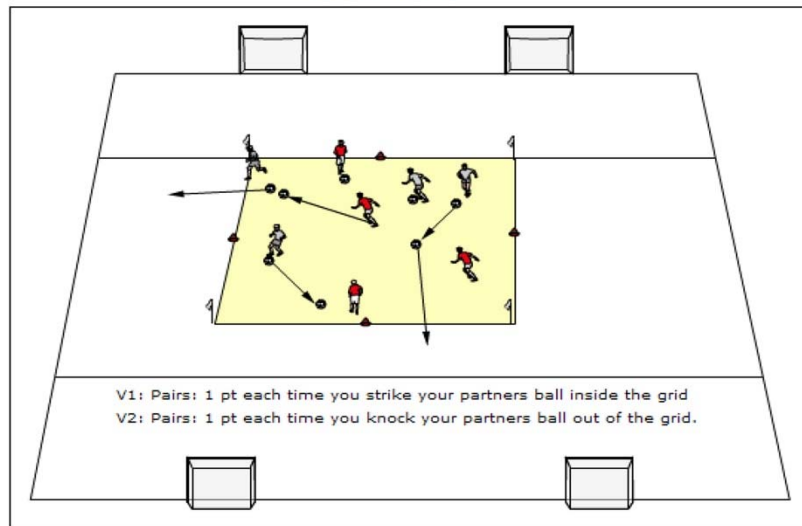


DATE: JULY 2012

TEAM: U10

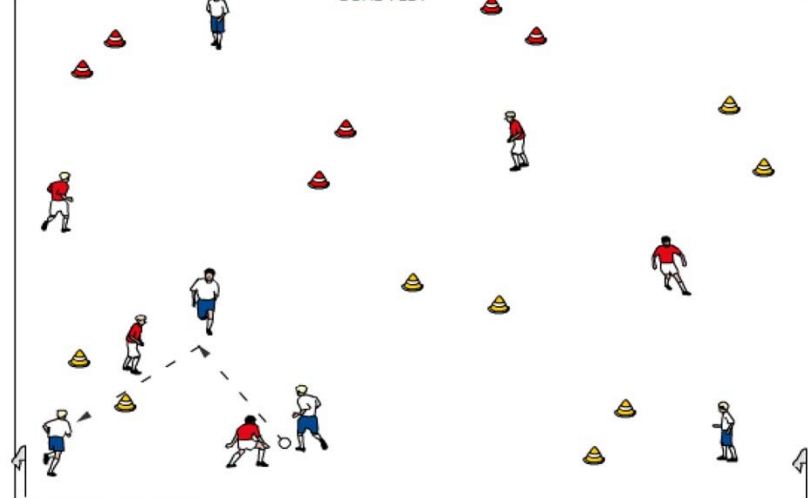
TECH STAFF: DAVE CHESLER

SOCCER MARBLES



S.C.O.R.E. Development Systems D.C. 2006

"GOAL-FEST"



S.C.O.R.E. DC 2006

TECHNICAL WARM-UP: SOCCER MARBLES

- A. Each player with a ball at their feet- moving in a restricted grid with dimensions 20x25 yards. Players are organized into PAIRS.
- B. Pairs of players compete against one another by attempting to pass their ball and strike their partners ball. Following is a logical progression dependent on the technical level of the players;
 - Attempt to pass the ball at the stationary ball. (partners alternate attempts)
 - Attempt to strike your partners ball as they dribble throughout the playing area.
 - Attempt to knock your partners ball out of the playing area..

KEY CONCEPTS:

- Quality and specific mechanics of striking a ball for accuracy and pace.
- Quality and disguise in passing.

ACTIVITY I: GOAL-FEST

- A. Divide the team into two groups.
- B. Set up 6-8 windows arranged randomly throughout the training grid. Each window is approximately 1-2 yards wide.
- C. The two teams compete to score points by a progression of methods;
 - Dribbling the ball through a window.
 - Passing the ball through a window
 - Passing the ball to a teammate on the opposite side of a window.

KEY CONCEPTS:

- Mobility & Support among teammates.
- Quality and disguise in dribbling. (changing pace, manipulating the ball)
- Quality and disguise in passing.

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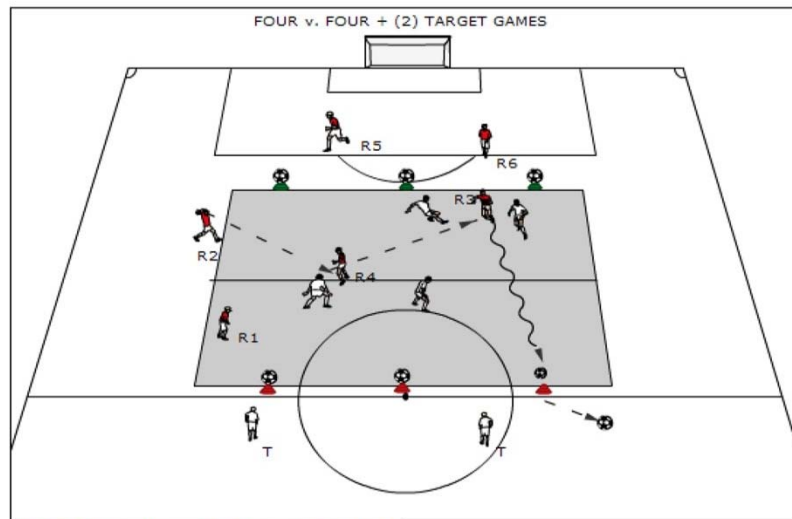
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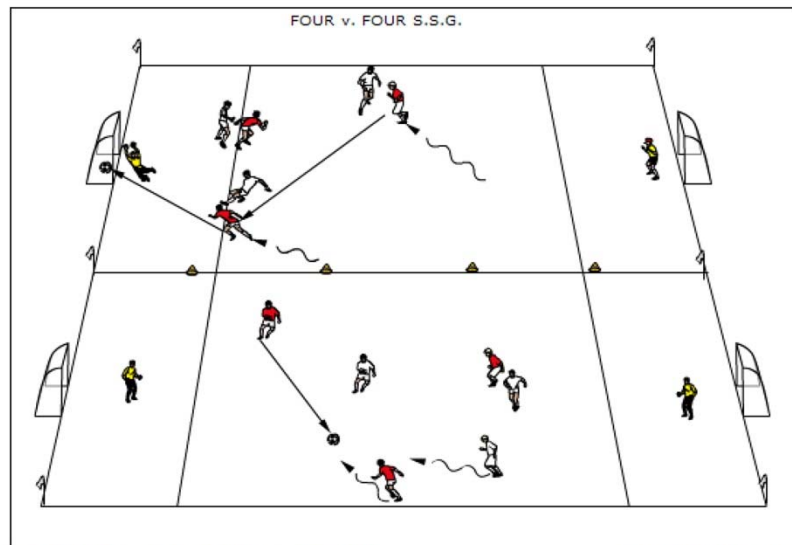
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S.C.O.R.E. Development Systems (D.C. 2006)



S.C.O.R.E. Development Systems D.C. 2006

ACADEMY PLUS 2006

ACTIVITY II: FOUR v. FOUR TARGET GAMES

- A. Two teams play 4v4 to within the boundaries of the grid.
- B. A third team of 4 serve as "targets" behind each set of balls. The targets role is to return the ball to the serving team on the first touch. (2nd touch depending upon the age and ability level)
- C. Each team places 3-4 balls on top of a field marker disc. The balls are 5-10 yards behind each end-line of the playing area.
- D. Each team tries to displace the other teams' balls from the top of the disc.
- E. The three teams rotate from competing role to "target" role on the coaches command.

KEY CONCEPTS:

- A. Accuracy, pace and quality of passing mechanics.

SMALL-SIDED MATCH: FOUR v. FOUR TARGET GAMES

- A. Two teams play 4v4 to in a field with approximate dimensions 25x20.
- B. Use Goalkeepers and modified goals with approx. dimensions of 7x21'

KEY CONCEPTS:

- A. Accuracy, pace and quality of passing mechanics.
- B. Group shape to reflect essential principles of attack- width, depth, support and mobility of players and the ball.
- C. Emphasize effective group attacking shape- triangle (3) & diamond (4).