



SAA Rec Coaching Clinic Level 1 3-4 Part 1 of 2

Category: Technical: Ball Control

Difficulty: Beginner

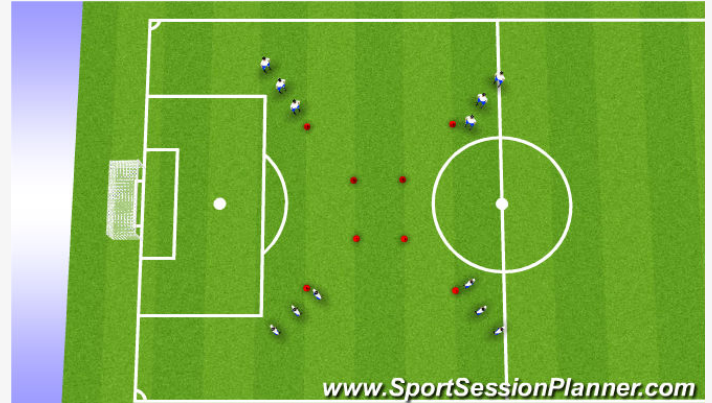
Am-Club: SAA Sports Club United
Hamid Mehreioskouei, Schaumburg, United States of America

Club Warmup

Directions:

Players from each line will be asked to perform different actions as the move towards the smaller corresponding corner in the small box.

1. Jog
2. Shuffle
3. Karaoke
4. Roll the ball
5. Toe touches
6. Headers
7. Sprint



Ball Mastery (10 mins)

Setup

Any size grid that allows for players to dribble

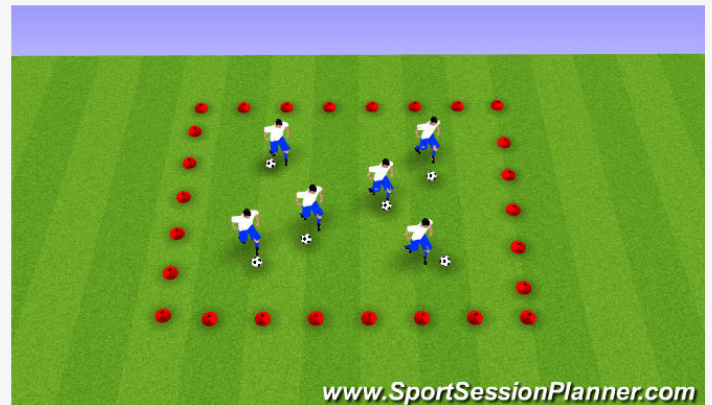
Directions

Players will dribble around the box and the coach will provide a command (listed below) for players to perform. The coach should demo each maneuver prior to implementation.

1. Toe Taps
2. Foundations
3. Pull tap inside
4. Pull tap outside
5. Pull tap laces

Coaching Points

Soft touches, using both feet, staying mobile throughout activity



Station 4: Turning (5 mins)

Setup

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

Directions

1. Players score points by dribbling through a gate, turn and coming back through the same gate, without touching the cones.
2. Each player attempts to score as many times as they can.
3. Play for a set time limit.

Coaching Points

1. Look up to observe space and scoring opportunities.
2. Controlled approach.
3. Bend the knees to create a platform to accelerate.
4. Use all parts of the feet when attempting to turn.
5. The hips must work hard to ensure correct contact and turning line.

Progressions

1. Reduce gates
2. Reduce gate size and margin for error
3. Add colored gates for specific turns e.g. Blue gate must be a drag back
4. Add more gates than players



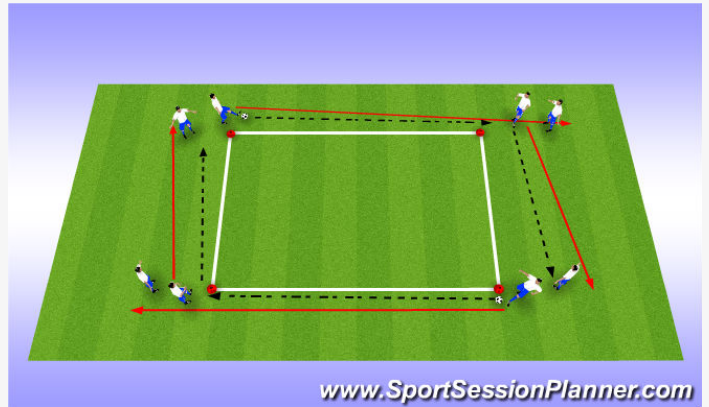
Square Drill P1 (10 mins)

Instructions:

Players will pass and move in a clock wise direction.

Coaching points:

When moving clockwise, use left foot only. When moving counter-clockwise, use right foot only. Ball should stay out of the box. Accelerate after ball is played.



Protect Your Home 1v1 P1 (15 mins)

Objective

Teach players basic attacking and defending principles

Setup

25x30 rectangle

3 small goals for each player to defend

Directions

Blue Defender plays a ball to Red Attacker who receives ball and goes at defender to beat him behind to central goal for 3 points or to either side goal for 1 point. If Defender wins ball he goes to opposite three goals and chooses best option to score.

Progression 1

Coaching Points

Defending player should close space down for the attacker as quickly as possible under balance.

Read attackers first touch

Get touch-tight

Win the ball at the right time.

