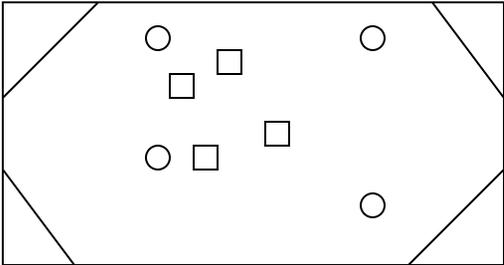
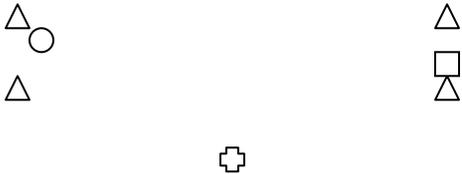
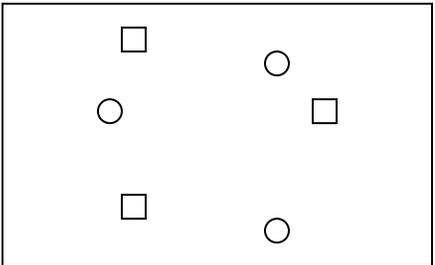




Name:

Topic: Improving the weaker foot (Dribbling/Passing)

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Start by having the players juggle in an area (every other touch must be with weaker foot)– when the coach says “Up” the players have to kick the ball up and then bring it down with their weak foot and dribble until the coach says “Juggle” again</li> <li>Progress to game, set up area as shown to the left, half the players with a ball in the middle, the other half outside. The players in the middle juggle, on “Go” they bring the ball down with the weaker foot and then dribble to one of the corners by beating the players that start outside of the jugglers. Switch.</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Quickest way to become a drastically better soccer player is to get better with the weaker foot</li> <li>In second game, tell defenders to push attackers to dribble with their weaker foot</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 1v1+1</li> <li>Square throws the ball in to the circle (the triangles are cones that make goals)</li> <li>After the throw, the square pressures the circle</li> <li>The circle tries to dribble through the goal that the square threw the ball in from</li> <li>The cross is a neutral player that moves up and down the line that the attacker can pass to</li> </ul>	<ul style="list-style-type: none"> <li>Defender should first cut off pass to the neutral player and then force them to dribble with their weaker foot</li> <li>Be patient, contain the attacker and wait for them to make a mistake</li> <li>Attacker can fake to stronger side and then dribble to weaker side</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 3v3+2</li> <li>The two neutral players are target players that can move along the endline</li> <li>A team of 3 must pass the ball to a neutral player, and then keep possession and pass the ball to the other neutral player, each time this is done a point is awarded</li> <li>If the other team intercepts they play the ball to a neutral player and then they must get it to the other to get a point</li> <li>Make it – take it, neutral must be between cones for goal to count</li> </ul>	<ul style="list-style-type: none"> <li>Neutral players must receive the ball with their weaker foot</li> <li>Team shape</li> <li>Play ball with weaker foot as much as possible</li> <li>If you have GK that need practice, have the GK be the neutral players, the team must pass the ball to the GK so that they can catch it in order to get a point</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 5v5 with GK, one GK needs to cover the three end goals</li> <li>Progress to 8v8 if it is appropriate for the age level</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if the session has helped with the players' ability to play with their weaker foot.</li> </ul>