

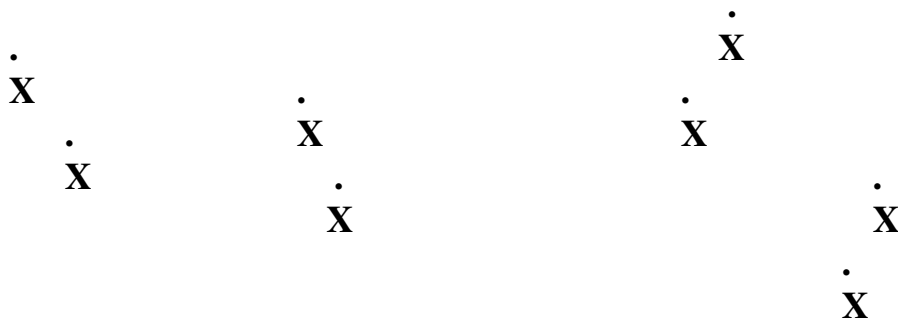
LSC/HRSA U7 Coaches Clinic

Dribbling, Passing and Receiving

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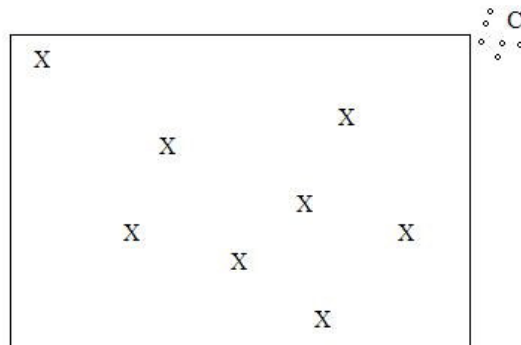
Warm –up

- **I can do this can you do this?**
 - Players exchange ideas and teach each other moves or tricks with and without the ball.
- **Marbles**
 - In pairs players try to hit each other's ball to get points. Player 1 starts by knocking his/her ball away. Player two quickly passes or drives their ball to try to 'tag' player 1's ball. Balls and players should be moving at all times. Player gets 1 point if they tag the other player's ball and 2 points if they tag the other ball while it is still moving. Allow for players to run ALL OVER! Moving and sprinting to their ball to get the next 'shot' off quickly! Some players will stop and 'aim' every time they try to tag partner's ball. This is fine, but do encourage them to be on the move.
 - **Coaching points**
 - Moving and looking up
 - Striking ball cleanly
 - Toe up ankle locked for inside foot pass
 - Toe down ankle locked for driven ball using the laces
 - Plant foot next to ball, pointing in direction of target
 - Follow through with striking foot towards the target
 - COMPETE and make it FUN!

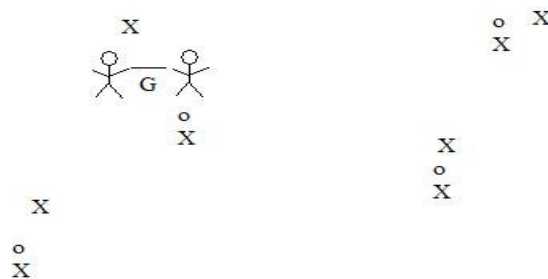


Games with Pressure

- **911**
 - Grid size 15 x 20 to 20 x 35 yards depending on numbers
 - All players start in middle of grid w/out the ball. Coach starts outside the grid with balls. Coach dribbles into grid and tries to 'tag' players with a ball. If you get hit/tagged with the ball you must hold one hand on one knee, second time player is tagged they must put opposite hand on opposite shoulder, third time they are hit, they become a tagger with the coach. This continues until there is one player left. That player becomes the first tagger with the coach for the second round.
 - **Coaching points – Same as Above plus;**
 - Quick dynamic lateral movements to avoid being tagged
 - HEAD UP!
 - Taggers need to dribble quickly and get close to target before trying to pass the ball to tag somebody.
 - Taggers also need to time the pass.
 - Most important is that everyone is moving!
 - **SAFETY CHECK! Make sure all players keep their head up and that balls stay below the waist. If a player hits a ball above the waist they are in 'time out' for the remainder of that game. They are allowed to come in and play the next round**
 - Second round you can do the same game, but everyone in the middle starts with a ball. If you or your ball gets tagged by a taggers ball, then you join the tagging team.

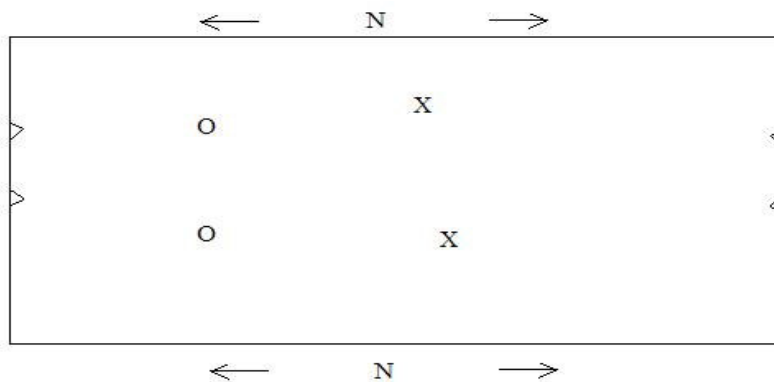


- **Passing and moving with moving goal**
 - In an open space, no boundaries.
 - Two coaches or coach and parent have a bib that they are holding onto. Arms extended, bib between them, they create a 'bridge' or 'goal'. This goal will be moving, so you need to make sure arms stay extended as you are moving, so the goal stays about 6 – 8 yards wide. The players will be trying to score on the goal!
 - In pairs each team looks to score by passing their ball under the arms and the bib of the coaches. They get a point if their partner is on the other side of the moving goal to receive it.
 - Tip: Goal will move slowly so players have plenty of opportunities to score. If you have multiple adults there, you can have TWO moving goals! Even better!
 - Play for 3 to 4 minutes and see which duo scores the most goals. At the end of each round make sure players pick a new partner!
 - **Coaching points same as above plus;**
 - Player without the ball needs to move into the passing lane on the other side of the goal
 - Player without the ball needs to call for the ball
 - Player with the ball needs to look up and see teammate to pass to as well as the goal!
 - Player receiving the ball must;
 - Get in flight of the ball
 - Present foot to the ball
 - Cushion when receiving ball
 - Toe up ankle locked using inside of foot or
 - Toe down ankle locked using outside of foot

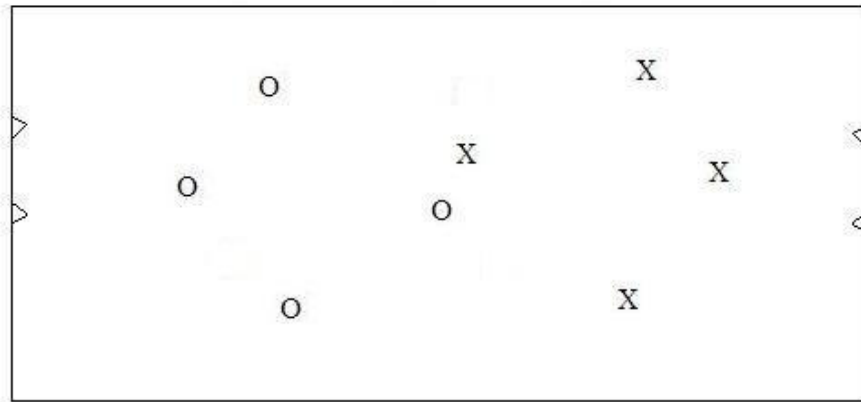


Game Related

- **2 v 2 plus flank players**
 - 20 x 30 yard grid
 - Normal 2 v 2 game, plus two neutral players running outside the touchlines. (Touchline = Sideline)
 - Neutral players are flank players playing for both teams. Best to have coaches start as neutral flank players until you have imprinted the game. The neutral flank players are all time offense and will play the ball back to the team who gave it to them. Looking for flank players to take a touch or two forward then serve the ball on the ground to the team who gave it to them. This will encourage good team shape (diamond).
 - **Coaching points**
 - Same as above plus;
 - Look for open players to pass to if you are pressured
 - Take players on!
 - Move ball up and down the field quickly.
 - Encourage , but do not require that they play the neutral flank players.
 - Keep the ball moving!



- **4 v 4 match**
 - 25 x 40 yard grid or 30 x 45 yard grid
 - Coaching Points same as above plus
 - Keep the ball inbounds!
 - Look to dribble or pass to make sure you team keeps the ball.
 - AGAIN good passing technique. (see above)



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