



SAA Rec Coaching Clinic Level 1 5-6 Part 1of2

Category: Technical: Ball Control
Difficulty: Beginner

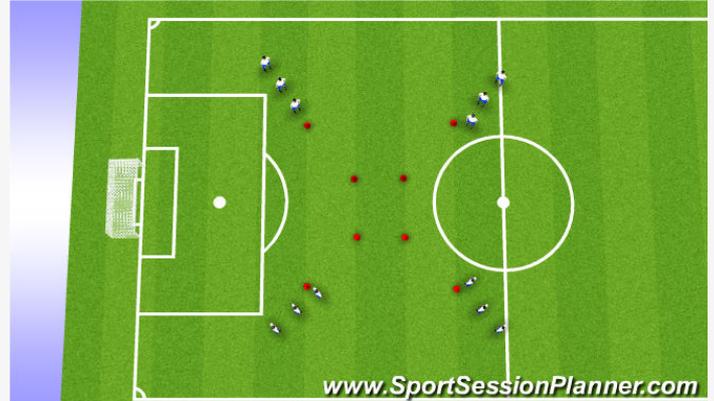
Am-Club: SAA Sports Club United
Hamid Mehreioskouei, Schaumburg, United States of America

Club Warmup

Directions:

Players from each line will be asked to perform different actions as they 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



Station 4: Coervers (10 mins)

Setup

5-10 yard distance between cones.

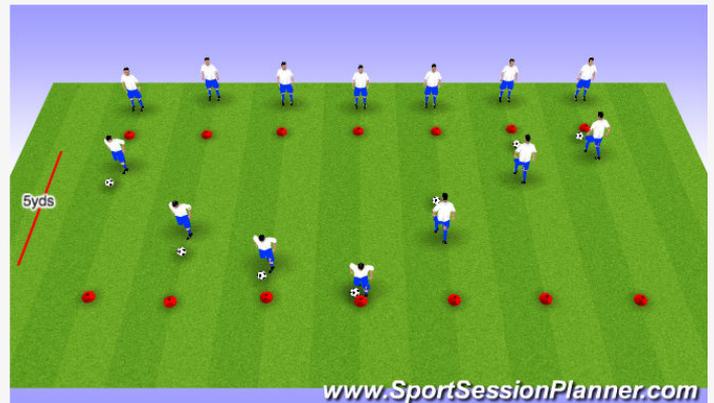
Directions

Players will start together at the same cone and dribble towards the other cone. When the player approaches the cone they will perform one of the maneuvers listed below, then dribble under control and with speed back to their partner. The coach should demo each maneuver prior to implementation.

1. Chop
2. Outside Chop
3. Pullback
4. Cryuff
5. Pull tap turn

Coaching Points

Soft touches, using both feet, staying under control.



Passing with Speed and Accuracy (10 mins)

Directions:

Receive from red and pass to red. Receive from blue and pass to blue. Repeat the passing sequence for 30 seconds and then switch the player in the middle with a player from the outside.

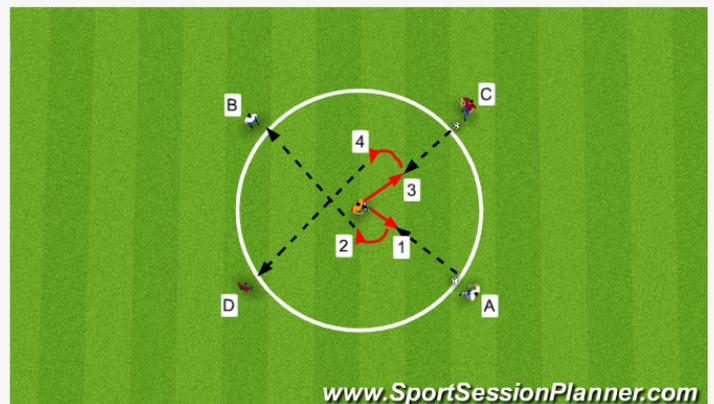
Coaching Points:

Turn with inside of feet only. No other types of turns are allowed.

Take 2 touches mandatory.

First touch should be taken across the body so that the ball can be played across the circle with the second touch.

The player in the middle should be running towards the pass and not standing in the middle.



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

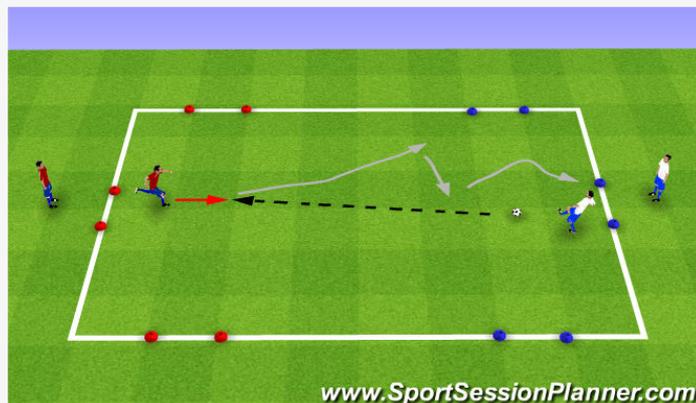
Coaching Points

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.



Protect Your Home 2v1 P2 (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 2: add a second attacker

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.

