



Dragon Soccer

Coach: Gavin Pugh

Team: Coaching Symposium Team

Topic:

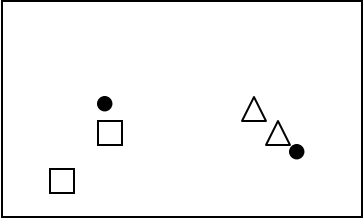
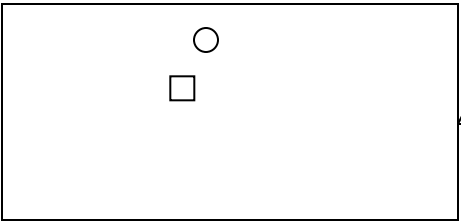
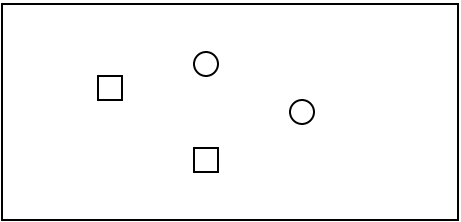
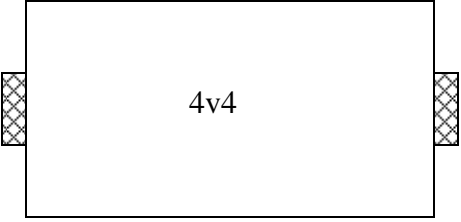
First Touch to Possess

Age:

U13/U14 Girls

Date: 12/03/2006

Level: C1

FUNDAMENTAL – BALL PROTECTION 	ORGANIZATION <ul style="list-style-type: none"> ▪ Set up a 40-x-25 yard area ▪ Players start 1 vs. 1 with a static ball. ▪ Players practice stepping in front of opponent before touching the ball (low intensity) ▪ Players take limited touches to possess the ball, switch roles. <p>Progressions: Add 3rd player per group to roll the ball at them slowly, one player take the lead in protecting the ball, switch roles.</p>	KEY COACHING POINTS <ul style="list-style-type: none"> ▪ Step positively into the line of the ball. ▪ Arms out for balance and protection when defender engages. ▪ Maintain eye contact with the ball ▪ Make an early selection in the body surface to use. ▪ Side on body position to see both ball and defender. ▪ Move ball to outside surface of furthest foot from defender.
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 1v1 in a 20-x-10 yard area, with a neutral player on each end line ▪ Players can score by receiving ball from a neutral, holding or turning with the ball, and completing a pass to either neutral ▪ Switch roles after loss of possession ▪ Play for one minute, then active players switch with neutrals <p>Progressions: Change pace, angle and height of delivery from neutral</p>	<ul style="list-style-type: none"> ▪ Anticipation ▪ Angled movement to neutral player ▪ Awareness of defender (over shoulder) ▪ Strength and balance ▪ Move ball into space ▪ Move to furthest foot from defender quickly ▪ Turn away from any pressure ▪ Accelerate after turning ▪ Firm pass to score
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 2v2 in a 20-x-15 yard area, with a neutral player on each end line ▪ Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral, or by passing to your partner and back to the same neutral. ▪ Switch roles after loss of possession ▪ Play for one minute, then losing team switches with the neutrals 	<ul style="list-style-type: none"> ▪ As above ▪ Movement of partner ▪ Ability to hold ball and seek partner ▪ Ability to step in front of defender when at a risk of losing the ball ▪ Patience to score goals
MATCH CONDITION GAME 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on the players 	<ul style="list-style-type: none"> ▪ Observe to see if practice session has helped with first touch to maintain possession