

MODULE 2: Practicals

Our Curriculum: “The Pyramid of Player Development”© 1997.

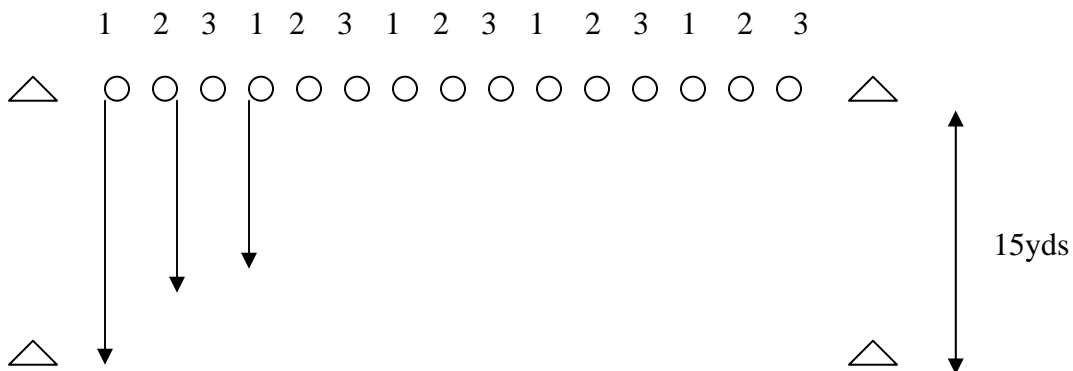
Drill 1

Pyramid Block: Ball Mastery.

LEVEL: Beginner/Intermediate

SET UP.

Each player with a ball on a single line and numbered 1, 2 or 3.



ACTION:

On the coach's call Players TT up field when their number is called while doing the action the coach requests.

1. T-Taps.
2. Single Pull Push
3. Double Pull Push.
4. Inside outside Cuts same foot dribble.
5. Double cut same foot dibble.
6. Dribble cut both feet.

TIPS:

Make the repetitions as fast as possible without losing control.

Develop good technique before speeding up.

Use peripheral vision to stay in line with teammates.

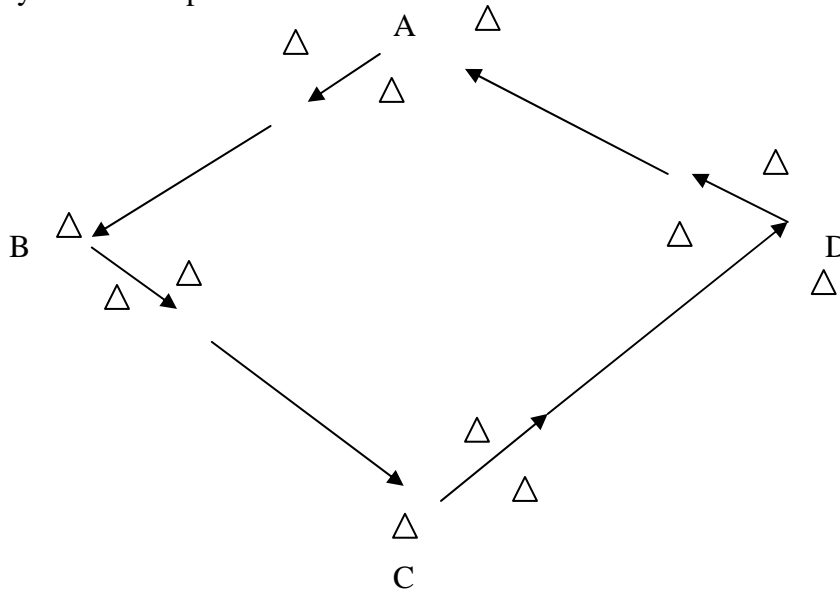
Drill 2.

Pyramid Block: Passing & Receiving.

LEVEL: Adapt to All

SET UP:

Players in groups of up to 4 players, A, B, C & D in 15- 20 yd Diamond with a 3-5 yd gate 3-5yds from the point of the Diamond.



ACTION:

A passes to B and follows his pass to join B team.

B receives & 1 touches thru his gate & passes to C and follows pass and Joins C group.
passes through

The activity continues, increasing the number of balls in circulation.

- 1 ball.
- 2 balls
- 3 balls
- 4 balls.

TIPS:

Passers should look up before passing to be sure receiver is ready.

Weight the pass appropriately. i.e. correct speed. Not too fast or too slow.

Body shape should be open to receive ball and pass first touch thru gate.

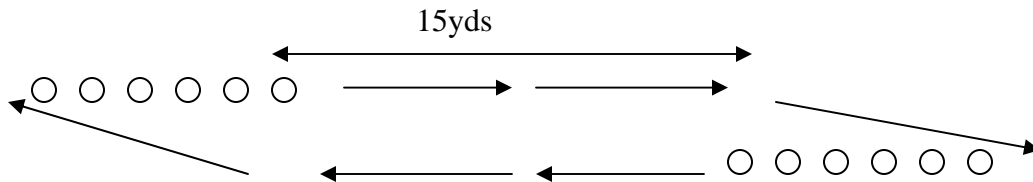
Drill 3.

Pyramid Block: 1 v 1. (A) Moves

LEVEL: Adapt to All

SET UP:

2 groups of players with a ball each facing each other in a 15 yd grid.



ACTION:

The first player in each group dribbles up the grid in opposite directions making

- Single Feint moves.
- 2 single feint moves.
- 3 single feint moves.
- 4 single feint moves
- 5 single feint moves

All Feint sets to be practiced. Refer to Make Your Move DVD series.

TIPS:

Start slowly and be sure that the techniques are mastered at walking pace. Then build up speed and repetitions.

Drill 4.

Pyramid Block: 1v1. Moves. (D)

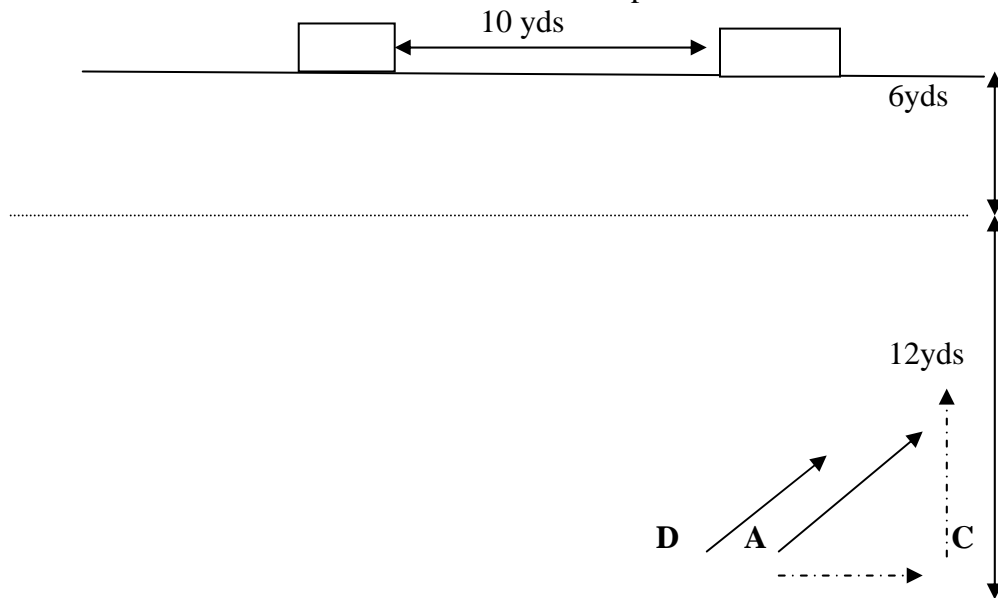
LEVEL: Intermediate

SET UP:

Two small 3 yd goals 10 yards apart.

A 6 yard shooting line. Attacker and defender stationed on sideline 18 yards from goal line.

The Coach is stationed on the end line and functions as a wall passer for the attacker.



ACTION:

Attacker A makes a wall pass with Coach C and sprints for the return down the sideline. Defender D chases and defends Full to prevent A getting inside the shooting line to score in either goal.

Players change roles when action ends.

Tips

Attacker:

Use Stop & Start moves when possible.

Try to get as deep into the attacking area as possible before taking on defender.

Defender:

Close distance quickly.

Try to push opponent wide and prevent him turning inside

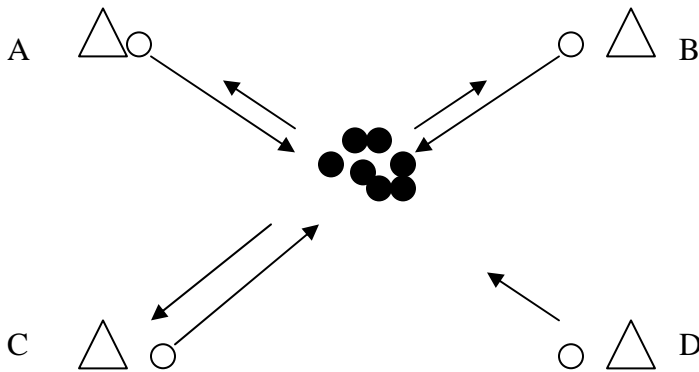
Drill 5.

Pyramid Block: Speed.

LEVEL: Beginner/Intermediate

SET UP:

4 teams of up to 4 players on the corners of a 12 yard square.
7 balls in the middle of the square.



ACTION:

On coach's signal one player from each team tries to collect three balls in their corner.
First player/team to get three balls wins.

- i. Hands only.
- ii. Team hand only.
- iii. Individual foot only.
- iv. Team foot only.

Tips

Eyes up

Don't hesitate

In Team: Communicate

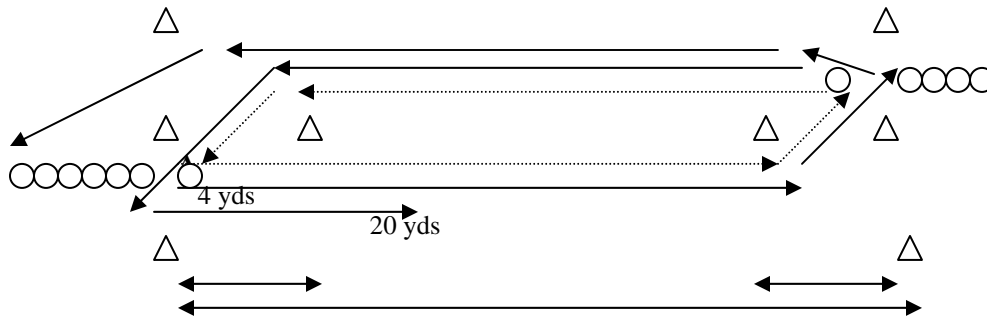
Drill 6

Pyramid Block: Running with the Ball.

LEVEL: Intermediate/Advanced.

SET UP:

Two lines of up to 8 players facing each other 20 yards apart on their right side of the 10 yard grid.
A marker cone 4 yards out from each end line on the mid line of the grid.
One player A at the head of one group with a ball.



ACTION:

Attacker A sprints dribbles to 4 yd marker cone and passes to Attacker B who takes the ball in stride and sprints dribbles towards the opposite end.

As B dribbles A overlaps B and tries to beat him to the far end in a sprint without trying to win the ball, just overtake B.

B repeats A's pass and overlap action at the other end and tries to beat A2 on B's group.
The sequence continues.

VARIATIONS:

1. Runners with ball must make a Fake Stop move before passing to opponent.
2. Passer must turn right after passing and go around a marker cone on RT side and sprint back to his line.

VARIATION II:

Each player has a ball.

At their turn each sprints dribbles to a line level with the 4-yard marker cone and turns with the ball and dribble sprint home.

As dribbler turns opponent sprints dribbles to try to catch him before turning at the opposite 4-yard line and racing the next opponent back.

1. 1. Inside Cut. 2. Outside Cut. 3. U Turn. 4. Hook Turn.

TIPS:

- Focus on good first touch when receiving to get a good start
- Try to take as few touches as possible while running with ball.
- Be in control of body and ball for a fast turn.

Drill 7

Pyramid Block: Finishing

LEVEL: Intermediate. Advanced.

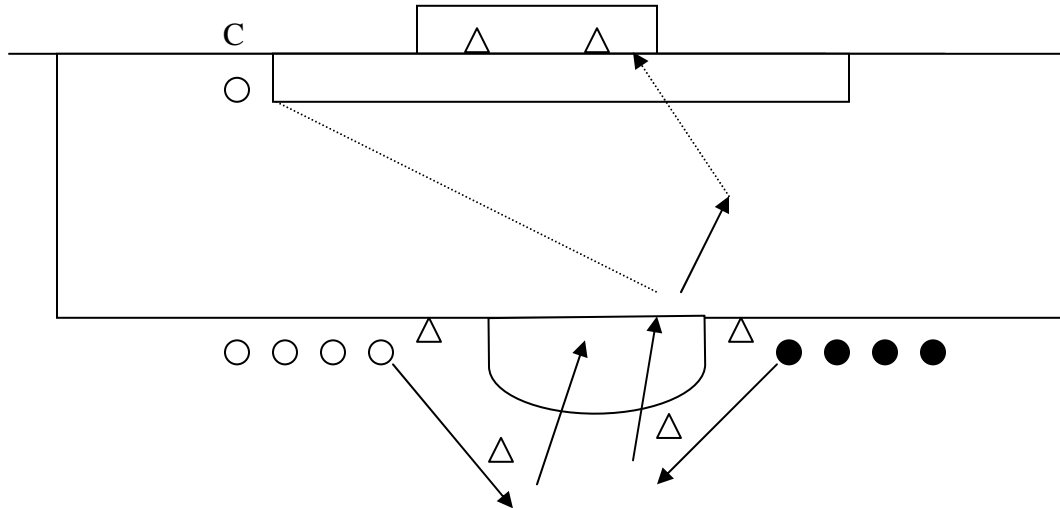
SET UP:

Two groups of players just outside the penalty arc, A attackers and D Defenders.

Coach with balls by the edge of the 6 yd box.

Two markers for Defenders and Attackers to go around.

The Attackers run a shorter distance than the defenders.



ACTION:

On Coach's signal A & D spring around their cones to the ball.

A has shorter to run and should get to the ball 1st.

He must take at least 1 touch before shooting and as many touches thereafter as he chooses.

Shooter must score in small cone goals.

Players switch roles after each action.

VARIATIONS:

Put keeper in goal that cannot come off his line until the attacker takes his 1st touch.

TIPS:

Attacker's 1st touch should be away from the defender.

Shooter should look up before shooting.

Coach can switch starting positions so attackers receive on either foot.

Coach can also vary passes, on the ground or bouncing.

Defenders should never give up as the minimum of touches always gives him a chance to challenge.

Drill 8

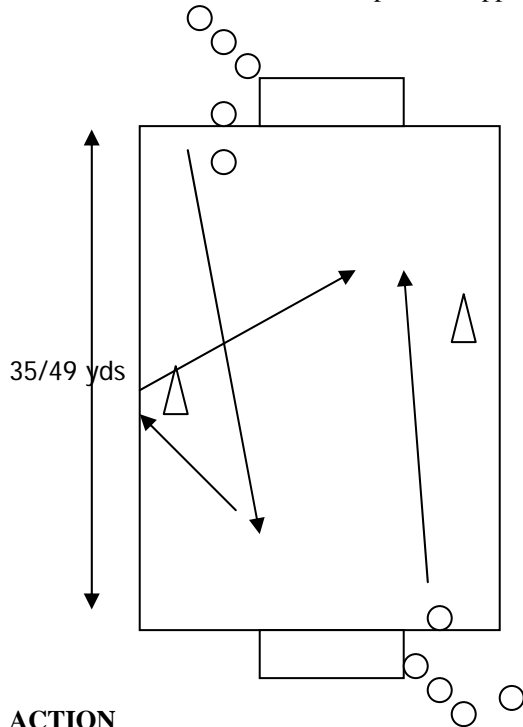
Pyramid Block: Group Play Fast Break Attack finishing.

LEVEL: Adapt to 8 and Over

SET UP:

30 x 40 field with two offset full size goals and GKs. (Option No GKs)

Teams with a ball each are lined up beside opposite goals.



ACTION

First player from O team dribbles and shoots on opponent's goal.

As soon as O1 shoots no matter what the result is X1 breaks fast to shoot on the opposite goal and O1 rounds his marker cone before chasing down X1.

As soon as X1 shoots O2 takes off for the opposite goal with X1 rounds his own marker cone in pursuit. 10 goals wins.

VARIATION.

Attacker must use a Fake Stop move before shooting.

VARIATION.

A. Coach in middle of field plays wall pass with attacker who **MUST** take at least one touch before shooting.

B. VARIATION.

Player must take at least 2 touches before shooting.

C VARIATION

Play 2 v 2 Fast Break.

Player nearest goal must have ball and pass and overlap teammate to start the action.

Tips:

First Touch out in front for a ft start.

Pass to coach must be firm and the follow up immediate.

Head up occasionally when running with the ball