

St. Mary's SOCCER


U06/07 Academy Session 7

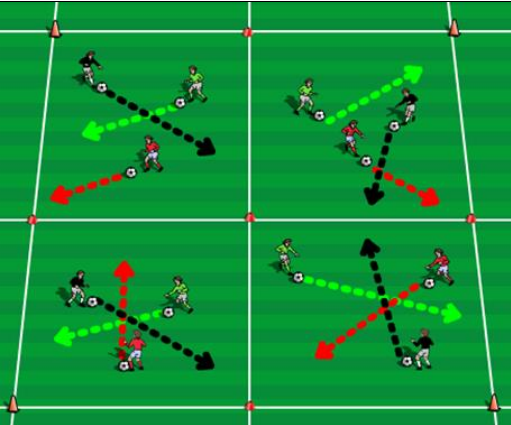
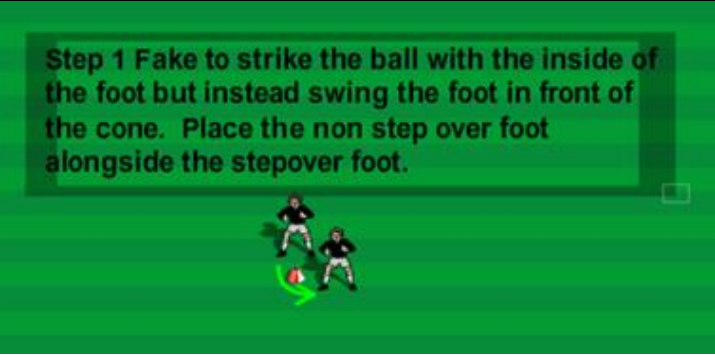
Main Topic:

In this session we will review dribbling the ball with the different parts of the foot and the lean and push move that was introduced in earlier sessions. We will also introduce another attacking move, the step over.

Step Over Move

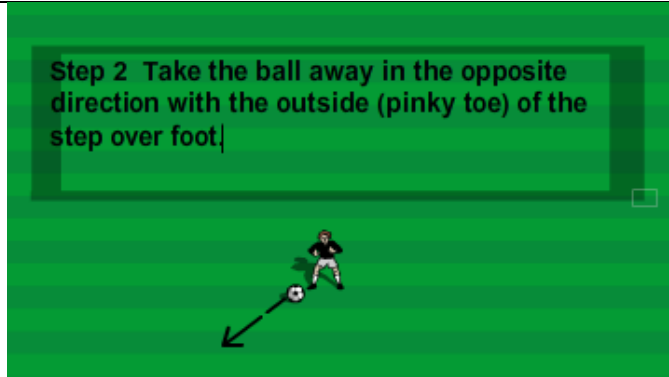
1. Approach the ball as if you are going to pass or strike it with the inside of the foot.
2. Step in front of the ball instead so your foot lands on the other side of it.
3. Move the opposite foot alongside the step over foot, then push the ball in the opposite direction with the outside of the step over foot.
4. Accelerate past your opponent.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p>1st Activity – Warm up game Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score. Prior to when practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 4v4. After all your players arrive or 5 minutes after the start time, you can move on to the other activities.</p>	<p style="text-align: center;">20 X 20 yard grid</p>  <p style="text-align: center;">Start 1 v 1 and add players as they arrive.</p>	<p>Limit the coaching, This should be only a warmup activity as you wait for your players to arrive and to get them focused on soccer. Coach should carry a couple soccer balls and if a ball goes out of bounds the coach can call out “new ball” and provide one to play. This will save time instead of waiting for your players to chase down a ball that went out of bounds.</p>

<p>2nd Activity – Paint the Field</p> <p>In this activity, the training grid will be divided into 4 sections with an equal number of players in each section. Explain that the ball is a paintbrush and players need to paint their section by dribbling their paintbrush around the grid. Have them paint using the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole). Finally, have the players practice the lean and push move.</p>		<p>Have the players utilize the 4 different surfaces of the foot. Make sure to have them use both feet.</p> <p>Lean and Push –The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.</p>
<p>3rd Activity – Large group activity</p> <p>The site/field coordinator will gather all players around one of the team grids to introduce the “Step Over” attacking move.</p>	<p>Introduction to the Step Over move</p>	<p>The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.</p>
<p>4th Activity – Step Over Move with Cone</p> <p>The first step of the step over move is to fake striking the ball with the inside of the foot but instead swing the foot in front of the ball. The player should place the step over foot to the opposite side of the cone and then move the non-step over foot alongside the step over foot.</p>		<p>To instruct young players on moves, it is easier to break the move up into separate steps. Start with just a cone instead of a ball and have them work on just the taking the step over by taking their foot in front of the cone first and then putting the opposite foot alongside the step over foot.</p>

5th Activity – Step Over Move with Stationary Ball

Now practice the step worked on above with a stationary ball but finish with the player taking the ball away with the outside of the step over foot.

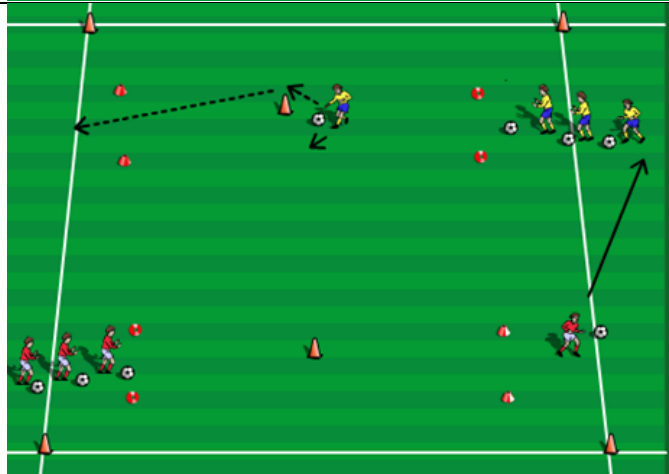


Have the players practice the step over with a stationary ball. After they have done the takeaway move with the outside of the step over foot. Have them reset and do it again. Once they have gotten the hang of the step over move, have them dribble around the grid performing it.

6th Activity – Step Over Move

In this activity players will practice making a step over move against a fake defender “cone”. A parent or coach can be substituted to give them a “real” defender to beat.

Player will dribble slowly towards the defender (cone), perform the step over move, and then accelerate to the gate goal.



Players should attack the defender (cone) by dribbling slowly straight at the cone.

Prior to reaching the cone they should perform the step over move.

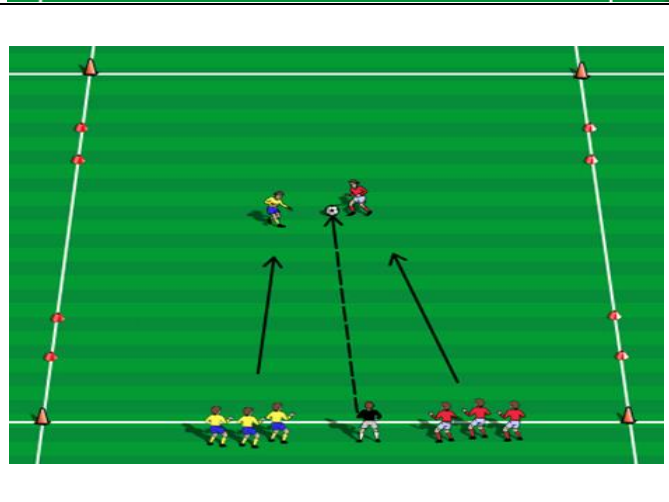
Once they have performed the move, have them accelerate past the defender to the gate goal.

7th Activity - Get Outta There (1v1)

Set up the grid with two cone “gate” goals at both ends of the grid. Coach is in the middle of the sideline with all of the soccer balls.

Players are divided equally with half to the left and half to the right of the coach. Players on the left try to score by dribbling through one of the “gate” goals on the right.

Players on the right try to score by dribbling through one of the “gate” goals on the left.



Coach serves a soccer ball into play. First player from each team enters the field and plays 1v1 until a goal is scored or the soccer ball goes out of play.

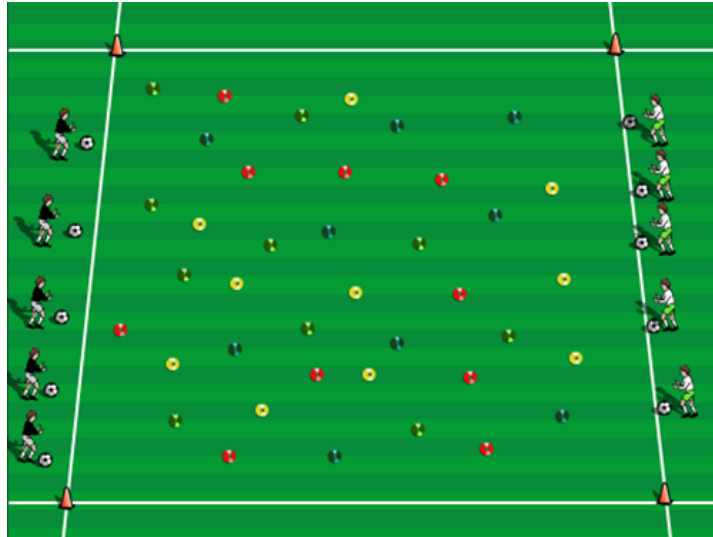
When the ball goes out of play the coach yells “Get Outta There”. Both players leave the field and the coach sends out a new ball for the next 2 players.

If they use the step over move to beat a defender, they get an additional point.

8th Activity –Pirate’s Treasure

To begin you will need to get the players excited about the pirate treasure. What noise do pirates make?" "Arrr!" When they return to the ship with treasure they must make the pirate sound before going out to get more treasure. Make sure they are only picking up one cone at a time.

Split the players into two teams on either side of the grid. In the middle of the grid put down numerous cones (treasure).



The pirates will start at one of the end lines and must go out and find a doubloon (small cones). They can only bring back one piece of treasure at a time. Once they have taken it back to their team they can go out and find another piece of treasure. To pick up the treasure they must be touching their soccer ball (with a hand, knee, foot, etc.)

Once they have picked up all of the cones, have each team count to see who collected the most treasure.

Guided Question: How can we get more treasure than we did the last time?

Ans: Dribble Faster

Cool Down - Juggling

The purpose of this activity is to develop Hand-Eye and Foot-Eye Coordination. Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.

Players pick up their ball and gently drop it to juggle it once using their foot or thigh. We don't want them to toss the ball in the air but to just drop it gently, juggle once and then catch the ball. Repeat alternating feet/thigh.