

STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

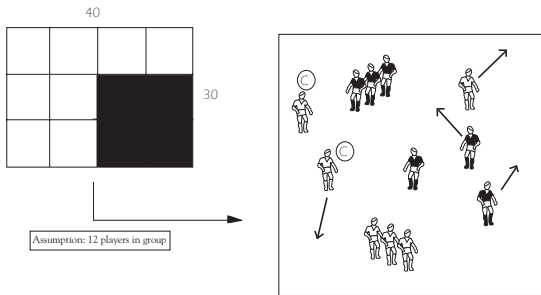
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

1 hr. 45 min. practices, 2 recommended practices per week

Defensive Wall




Purpose

To develop movement, agility, awareness of space and others.

Organization

Set out a 20 x 20 yard area. 2 groups of 3 join hands to make 2 chains. The remaining 6 players consist of 2 catchers with 4 players who are running from them.

Game Objective

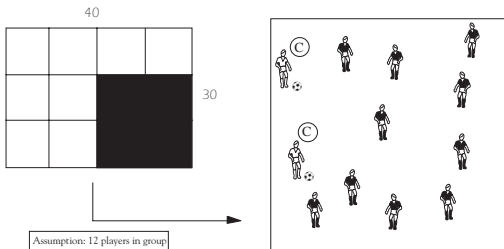
The object of the game is to escape a catcher  by joining onto one of the chains of 3 players. When you join a chain, the player on the opposite end must leave the chain. There can be only 3 players on a chain at a time. If a player is tagged by the catcher, they must switch roles.

Progressions

Have 3 catchers who must dribble a ball while chasing.

Key Coaching Points

1. Run with your head up.
2. Wrong foot the catcher.
3. Lean forward.
4. Bend your knees while turning.



Purpose

To develop movement, passing and communication skills.

Organization

Set out a 20 x 20 yard area with 10 players and 2 catchers. Both catchers have a ball each.

Game Objective

Catchers move around the area and attempt to throw their ball to hit one of the players on or below the knee. To do this, catchers must either bounce the ball or head, thigh or volley the ball every 3 paces. The other 10 players try to escape having the ball thrown at them below the knee by running around the area. If a player is caught, he joins the catchers. As, only 2 balls are allowed in the game at one time, they can be passed between catchers.

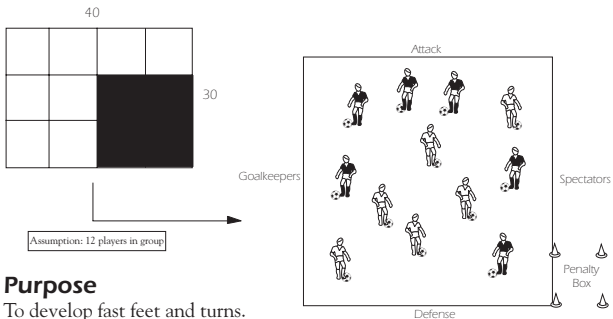
Progressions

Catchers cannot move with the ball.

Key Coaching Points

1. As you move, make curved runs so you can see the catcher and the ball.
2. Like soccer, you should always be moving.
3. Keep changing speed and direction.
4. Catchers should communicate their movements to one another and pass the ball as often as possible.

Turn Command



Purpose

To develop fast feet and turns.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

Game Objective

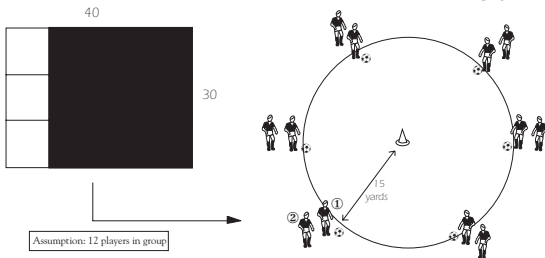
Players dribble around the area. The coach calls out various turns or moves; for example, "Sole turn!" or "Double touch!" The players must then perform these commands.

Progressions

1. If coach shouts out a number, players must get in a group of that number. All players who do not find a group, must go to the penalty box and do the two turns from Game Objective.
2. If a coach shouts out a side of the field, all the players must run to that side of the field (e.g., attack, defense, goalkeeper, spectator).

Key Coaching Points

1. Players should perform moves or turns, then accelerate away.
2. Make sharp moves and turns by bending knees.
3. Exaggerate all moves and turns.



Purpose

To develop turns and communication.

Organization

Set out a 30 x 30 yard circle area with a central cone. Pairs stand 15 yards from the cone. Each pair has a ball.

Game Objective

① approaches the cone, does a turn, then passes to ②. ② is told to "hold the ball." ① then runs around ② to receive the ball back out in front to go the cone again. Complete a turn, then dribble back to ②. Repeat with player ② now dribbling. There should be 6 people dribbling at the same time.

Progressions

1. From "hold the ball," dribble up to ② and play a 1-2 pass. Let the ball roll through the receiving player's legs, then do next turn.
2. Run the ball back to ②. Play a 1-2 pass, but receive the ball after running around ②. ② has only 1 touch.

Key Coaching Points

1. Dribble to the cone in the middle and turn quickly.
2. Accelerate out of the turn.
3. After turning, get the ball out from under your feet.