

Summer Soccer Clinic #1

JULY 9, 2004

Dribbling and Ball Control

Trainer: José Reyes, Padre Soccer League

5:30PM – 6:00PM

Registration & Coaches Session

6:00PM – 6:15PM

Warm-Up (Wakes the muscles up and stretches all the major muscles)

6:15PM – 6:25PM

Coordination drills –10 min (Gets kids sweating and muscles ready for exercise)

-----5 Minute Water Break-----

6:30PM – 6:40PM

Focus: Competitive game that gets kids in tune with what they're here to do
"Gates"

4 cones in a square

2 partners facing one another

Accuracy Passing Drill

6:40PM – 7:05PM

Focus: To teach the kids how to dribble the ball on the run and simple moves to beat opponents

"Pairs" – Running w/ball; Inside Roll; Outside Roll; Step over; Stop & Go; Cruyf

-----5 Minute Water Break-----

7:10PM – 7:15PM

Focus: Puts kids in a lightly pressured environment with other kids immediately around them using their newly learned dribbling moves

20X20 Box

For little ones this drill is called "Simon Says"

Dribble; Inside Roll; Outside Roll; Step over; Stop & Go

7:15PM – 7:25PM

Focus: To place kids in an environment where they're looking up rather than down at the ball and actively looking to win the 50/50 ball while maintaining control of their own ball
"Rambo"

20X20 Box

Everyone has a ball and tries to kick other people's ball out of the box while maintaining control of your own. Last one left with a ball wins. Play 4 games of this.

-----5 Minute Water Break-----

Dribbling and Ball Control cont.

7:30PM – 7:45PM

Focus: Meeting the Ball and Ball Control on passes

Groups of 4 – Focusing

Servers on outside and 2 people in the middle

Server passes ball on the ground and middle person one touches ball back to server turns right, runs to cone behind them and runs back trying to beat the ball to the cone

- Ground passing
- Lace Volley back to server
- Header

7:45PM-8:00PM

Scrimmage – Focus on one touch passing; ball control dribbling moves; looking up

6v6 Scrimmage – Name Teams after countries ex: Brazil, USA, Mexico, England, Portugal, etc.

General Coaching Terminology

Source: Soccer-Coach-L, <http://www.ucs.mun.ca/~dgraham/coach.html>

Back pass: A pass made to a trailing player (one who is behind the ball carrier).

Booking: Terminology used to indicate that a player has had his name/number recorded, by the referee, for receiving a yellow or red card. The player is said to have been "booked". (*Law 12*)

Chop: A forceful redirection of the ball used to flee a defender. Similar to a cut, but a stronger action is required.

Cut: A subtle adjustment made when carrying the ball. The ball carrier moves the ball in a different direction to avoid being tackled. Similar to a chop, but the action is not as forceful.

Drop pass: A player passes the ball, behind himself, to a teammate or leaves the ball for a teammate.

Dummy: To pretend to be about to receive the ball, but allow the ball to travel past oneself, in order to deceive the opponent.

Dummy run: A run by a teammate of the player with the ball, intended to draw one or more defenders away from the area under attack.

FIFA: Fédération Internationale de Football Association: the world governing body of soccer.

Half volley: A technique where a player strikes a ball just after the ball has touched the ground.

Movement: 1. A player moving with the ball. 2. Players moving, who are not carrying the ball, in an attempt to move to an unoccupied area to bring defenders with them or create an area where they can receive a pass.

Offside position: The situation where an attacking player, on the offensive half of the field, has put himself in a position where there are fewer than two opponents between him and the goal. This positioning does not constitute a foul, until he becomes involved in the play. (*Law 11*)

One-touch: When a player redirects a moving ball with the first touch, either as a pass to another player or as a shot, without using the first touch to control the ball.

Overlap: A tactic used by the attacking team. One player will run past the ball carrier in order to put himself in a better position to receive the ball.

Pitch: Another term for soccer field.

Space: Used to define an area on the field that is free from opponents and pressure. The ball can be passed into space for a player to run on to. A player can run into space to get open for a pass or to bring defenders with him to rid the area under attack of defenders (see dummy run).

Split: To pass the ball between two defenders.

Unlucky: A nice short way of saying, "That wasn't your fault, just bad luck."

Volley: A technique used by a player where he is able to strike the ball while it is in the air.

Wall pass: To pass the ball to a teammate, run past the defender, and have the teammate return the ball.

Official Hand Signals

Source: [Firstbasesports.com](http://www.firstbasesports.com/soccer_signals.html), http://www.firstbasesports.com/soccer_signals.html



Direct free kick
Referee points in direction of kick



Corner kick
Referee points towards the corner of the field from which kick is to be taken



Indirect free kick
Referee raises hand until ball is kicked and touched by another player



Offsides
Linesman points his flag straight up above his head to signal offside violation to the referee



Goal kick
Referee points to a corner of goal area from which kick is to be taken



Play on / Advantage
Referee indicates with his hands that the Advantage Rule applies and play should continue

Secrets to Coaching U-8 Soccer Players

THINGS YOU CAN EXPECT Six, seven and eight year old players are a bit more compliant than their U-6 counterparts. They will be able to follow 2 or 3 step instructions and are starting to have a good understanding about what it means to play a "game" They are also starting to cooperate more with their teammates. In fact, they now will recognize that they have teammates by the fact that they occasionally, pass the ball, on purpose. Some other things that you can expect to happen during a season are:

- There will be at least 200-300 falls during the season, but, now they will usually pick themselves back up.
- The puddle in front of the goal is still too tempting to resist.
- Some of the girls are a lot tougher than the boys.

CHARACTERISTICS OF U - 8 PLAYERS

- Attention span is a bit longer than U-6 players but still not at a "competitive" stage
- Inclined towards small group activities.
- Always in motion: scratching; blinking; jerking; rocking.
- Easily bruised psychologically. They will remember negative comments for a long time. Shout praise.
- Developing physical confidence.
- Lack sense of pace. They go flat out until they drop.
- Skeletal system growing rapidly. Often results in apparent lack of coordination.
- Cardiovascular and temperature regulation system is not developed. Their heart rate peaks quickly and they over-heat quickly. Make sure that they get adequate water breaks.

COACHING RATIONAL

Some of the players may have had two years of soccer experience and others may be playing for the first time. However, the coaching emphasis for all players should be the same—controlling the ball with his/her body. They are there to have fun so it is imperative that activities are geared towards individual success and participation. Following are some more items that a coach of U-8 players should consider.

- Small sided soccer is the best option for these players. Not only will they get more touches on the ball, but, it is an easier game to understand.
- Because of rapid growth spurts during this age, players will go through times when they seem to have lost control of their body. What they could easily do 2 weeks ago now seems unattainable. Be patient.
- Passing is not an important part of their game, no matter how much anybody yells at them to do otherwise, it is much more fun to dribble and shoot. Let them.
- Training once or twice a week is plenty, and should not last longer than one hour and fifteen minutes.
- Each player should bring their own size #4 ball to training. Learning how to control it should be the main objective. They need to touch it as many times as possible during fun activities that will engage them.
- Challenge them to get better by practicing on their own.
- They are forming the habits that will impact their future participation. Ask them to take care of their equipment (water bottle included), cooperate, listen, behave, and try hard. Realize, however, that they often forget and will need to be reminded often.

CBYSA Coaching Clinics

Portland, Texas

Age Modules

(Minimum requirement for all coaches)

U/6-8 Friday, August 27th 6—9:30 PM
Saturday, August 28th, TBA
U-10 Friday, August 27th 6—9:30 PM
Saturday, August 28th, TBA
U-12 Friday, August 27th 6—9:30 PM
Saturday, August 28th, TBA

Cost: \$20

E Clinic

(Required for Div. II and above coaching)

Friday, August 13th, 6—9 PM
Saturday, August 14th, 8 AM—5 PM
Sunday, August 15th, 8 AM—5 PM

Cost: \$50

Please mail check to:
CBYSA,

P.O. Box 8907, Corpus Christi, TX 78468

Include Name, Address,
Phone number and e-mail address

Bring a friend to the next Soccer Clinic

For more information see also: www.santafesoccer.org or www.padresoccer.com

Padre Soccer League Members

Make checks payable to: Padre Soccer League-Summer Clinic

Send registration form and fees to:

Padre Soccer League—Summer Clinic
PO Box 270453
Corpus Christi, TX 78467

Santa Fe Soccer League Members and All Others

Make checks payable to: Santa Fe Soccer League-Summer Clinic

Send registration form and fees to:

Santa Fe Soccer League—Summer Clinic
3636 South Alameda, Suite B-142
Corpus Christi, TX 78411

Padre-Santa Fe Summer Soccer Clinic

Registration Form

Name _____ Phone _____ Alt Phone _____
Last First

Date of Birth _____ Male Female

Address _____
Street City State Zip

Parent Name(s) _____ Email _____

Emergency Information

Person to notify in an emergency _____ Phone _____

List any medical problems _____

Players:

Last season played was U-6 U-7/8 U-9/10

Registered member of Padre Soccer League
 Santa Fe Soccer League
 Other _____

*Coach Registration:

I am a coach for U-7/8 or U-9/10 and will participate in the sessions indicated.

*Note: fees for coaches are waived if coaching in the Fall.

Clinics Attending

#1-5 \$20

Individual Clinics \$5 Each

#1 Fri. July 9th #4 Fri. July 30th
 #2 Fri. July 16th #5 Sat. August 7th
 #3 Sat. July 24th