



Skills Session #1 – Saturday August 16, 2003 - Phase 1

Sections A and B will be conducted with all Jr. Lobo, 94s, and 93s, with the exception of coach Posner's 93' team which will be evaluated at the 11:00 to 12:00 session, and will take part in the second phase of the skills program.

- A. Ball Feeling – 10 Minutes**
- B. Follow-up Drills – 10-15 Minutes**
- C. Scrimmage – 3v3 (20-25 Minutes)**

A. Ball Feeling *

1. Roll foot over the ball, outside of foot to inside of foot. Alternate feet after 10-15 repetitions.
2. Roll foot over the ball, outside of foot to sole of foot. Alternate feet after 10-15 repetitions.
3. Roll shoelaces (instep) up face of ball to sole of foot. Alternate feet each time.
4. Pull back ball with sole of foot and push away with shoelaces. Alternate feet each time.
5. With sole of foot on top of the ball, roll ball to the outside, stopping it with the inside of the same foot. Alternate feet each time.
6. Perform exercise 5, but now instead of stopping the ball, tap the ball with the inside of the foot, to the other foot, and repeat the exercise with the other foot.
7. Pull back ball with the sole of the foot, and push away with the inside of the foot in another direction.

- *Balance is extremely important during the execution of all the abovementioned exercises. So make sure the player is comfortable and balanced when performing the exercises.*
- *Constant encouragement, and praise throughout the session, is extremely important.*

C. Follow-Up Drills

1. 7 cones are placed in a row 1 yard apart. Players perform the exercise demonstrated in '5' above, as they move through the cones, (See fig.1). Distance between cones may be adjusted to suit the player's comfort level.

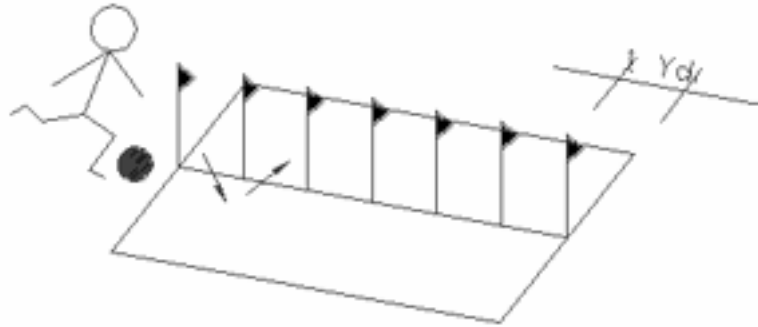


Figure 1.

2. a. 4 Players positioned at each corner (see fig. 2) dribble ball by tapping from the inside of the left foot to the inside of the right foot, progressing to the center flag. When they reach the center they turn and repeat the exercise back to the corner.
- b. The same format is used as in 'a', but now the player will stop the ball with the sole of their foot, before they turn. (Encourage player to slightly pull ball back as they stop it with the sole of their foot.)
- c. The same format is utilized again, with the player now performing the exercise taught in '1, d.', i.e. pulling ball back with sole of foot, and pushing forward with shoe laces, at least one time between each turn. The player continues to stop the ball with the sole and turn as they had in the previous stage.

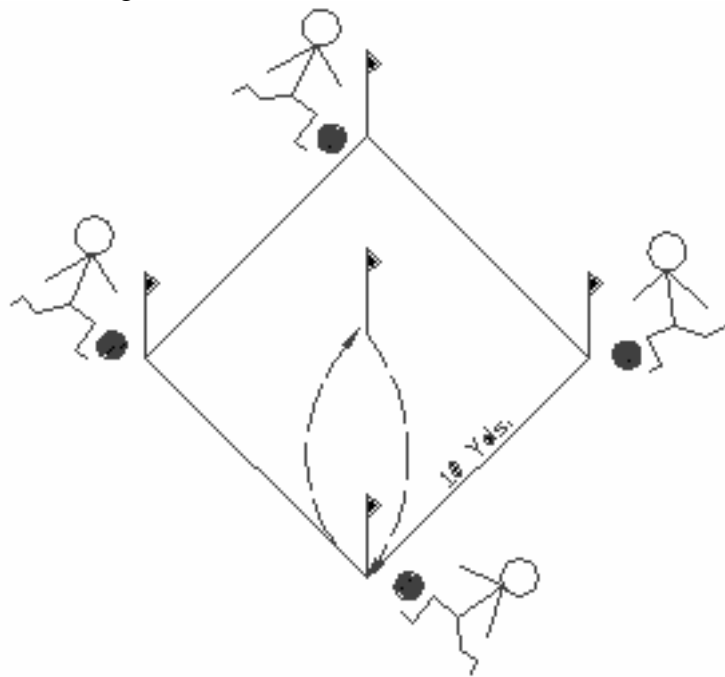


Figure 2.0

C. Scrimmage

Games shall be 3v3 on a 30x20 field. Games shall last 4-5 minutes with a third team ready to come in at that time.



Skills Session #1 – Saturday August 16, 2003 - Phase 2

This section of the clinic is geared toward the older age groups within the club.

Topic: The double fake.

Description:

- a. Player fakes to take ball inside with one foot (this can be achieved by raising the leg as if to strike the ball and point the knee in the direction of the fake).
- b. Then the leg used to fake is planted firmly, and the other foot is brought up over the ball in the other direction to the original fake.
- c. The ball is now carried off in the opposite direction with the outside of the step over foot.

(In the coming weeks we hope to have video which can be accessed on the web site which will help immensely in visualizing each move that is being taught)

1. Warm Up/Fundamental:

- a. Players inside area, dribbling and executing step overs.
- b. Players then dribble in area while executing fake shots when another player come near.
- c. Finally the move itself is introduced with a brief description and the players are allowed to perform it on their own with no restrictions
(Stretching is performed in between each phase)

2. Game Related:

In groups of three players shall perform the following sequence:

- a. Spaced approximately 10-15 yds. apart, the middle player “B” begins the exercise by passing to “A”.
- b. “A” now dribbles to “B” who defends “A”. “A” performs the move and then moves past “B.”(Defensive pressure is very low).
- c. “A” now plays to “C” who repeats the process.

See figure 3.0 on next page

Note

The object here is to master the skill with limited pressure. Speed is not as important as correct execution, and mastering of the technical aspects of the “move”.

3. Scrimmage:

Games shall be 3v3 on a 30x20 field. Games shall last 4-5 minutes with a third team ready to come in at that time. The older teams may scrimmage 6v6 or 7v7 on the lower (60X40) field.

