



## **Skills Session #5 – Saturday September 27th, 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. Warm-Up/Ball Feeling – 5 Minutes**
- B. Review Of “Stepover”, and Sessions #3&4 – 5 to 10 Mins.**
- C. Instruction Of Today's 3 Exercises**
- D . Scrimmage – 3v3 (20-25 Minutes)**

### **A. Ball Feeling**

There will be a review of these items each week to ensure the kids are working on them and to address any questions they may have. Repetition is the key. The more repetitions, the better it gets! The video of these items is on the website. Its not crystal clear, but it should help folks visualize what is being instructed.

## **PRACTISING THESE EXERCISES AT HOME IS THE KEY TO SUCCESS.**

### **B. Review Of The Step-Over, And Sessions 3&4 Activity**

### **C. Session #5 - Fast Footwork(Continued)**

As the players become more comfortable with the “ball feeling” exercises, we will try and introduce them to more movement-orientated exercises, utilizing the basic touches they have been working on, but adding a certain level of difficulty. It is important that they are challenged. Here are 3 more exercises to help them improve their touch and comfort level with the ball.

1. Pull Back-Touch Away.
  - a. Player touches ball between their feet with the inside of the foot, then after approx. 2-3 touches, player pulls ball back with the sole of the foot, then touches forward slightly with the instep (shoelaces) of the same foot.
  - b. Player then repeats, and alternates the pull-back foot, while progressing forward.

2. Roll Across & Stop
  - a. Player pulls the ball across the body with the inside of the foot.
  - b. Player then stops the ball with the inside of the other foot.
  - c. Player repeats this sequence advancing down field, alternating feet each time.
  
3. Roll Across, Stop, Roll Out ,Touch back (Sound Really Complicated, But Its quite easy))
  - a. Player pulls ball across body with the sole of the right foot.
  - b. Player then controls ball with sole of left foot, then quickly.
  - c. Roll ball to outside and tap back to other foot with the inside of the left foot. (Remember ?)
  - d. Now touch ball back to left foot and redo the sequence beginning with the left foot.

**All of these exercises involve touches and techniques introduced in the “Ball Feeling” section of the skills program. The object now is to execute them while moving, and with pace. As the players have more success, they should gradually increase the speed, and subsequently, the difficulty, of each exercise.**

### **Format For Session**

1. Warm-Up/ Review Of Ball Feeling
  
2. Quick recap of Stepmover and Sessions 3 & 4
  
3. Introduction To Today’s 3 Exercises
  - a. Demonstrate C1 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating feet each time.*
  - b. Demonstrate C2 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating feet each time*
  - c. Demonstrate C3 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating feet each time*
  
4. Line them up in 4 lines, and have them come out in 4s, moving down the field a distance of 40 yards, with coaches paying close attention to proper execution rather than speed. Reform lines and have them repeat with the other foot. Have players perform each exercise in this format at least twice, with coaches paying special attention to ensure each player understands what is being taught.

### Scrimmage

Games shall be 3v3 on a 30x20 field. For the first game session of 4-5 minutes, remove the goals, and only award a score when a player performs a step-over. Games shall last 4-5 minutes with a third team ready to come in at that time.

DO YOU RECOGNISE ANYONE IN THIS PICTURE TAKEN IN 1908 !!





## **Skills Session #5 – Saturday September 27th, 2003 - Phase 2**

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

### **Topic: Moves To Take On & Beat An Opponent**

#### **Scissors & Double Scissors**

#### **Format For Session**

##### **1. Warm-Up/Recap Of Last Week & Introduction To This Weeks Exercise**

- a. From last session (see session #4) players dribble around without restrictions, then execute a stepover, followed by an exaggerated fake in one direction, quickly followed by pushing the ball in the opposite direction with the outside of the trailing foot.
- b. Players jog in place behind the ball. Then, on command, quickly bring left foot around the ball returning to the point of beginning. The move should begin inside, go out, and come back. After execution, player jogs behind the ball and waits for command. "LEFT" indicates execution with left foot, etc.
- c. Players independently execute single "scissors" move, alternating feet in between dribbles.
- d. Once again, without restrictions, players now perform a double scissors, ie, they consecutively use left followed by right foot, then explode in the desired direction.

##### **2. Game Related Conditions**

- a. One line of players at the goalpost (A), with the other line of players approximately 25-30 yards out(B).
- b. Players at A serve ball to B
- c. A becomes the defender, while B aggressively attacks goal, and at the correct distance performs a scissors to set up an immediate shot on goals.
- d. Players switch lines each time.
- e. Defense is very low pressure.
- f. As in 'e', but now perform a "double scissors", before shooting.

*Defensive player is very passive, and merely introduces the proximity of a defender in this situation. As execution becomes more proficient the defensive pressure may be increased.*

**Scrimmage**

Games shall be 3v3 on a 30x20 field. For the first game session of 4-5 minutes, remove the goals, and only award a score when a player performs a scissors or double scissors.

Games shall last 4-5 minutes with a third team ready to come in at that time depending on the #s.