



Skills Session #6 – Saturday October 4, 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 Stepmover and “Fast Footwork”**
- 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 Fast Footwork (Sessions 4 and 5)

C. Session #6 - 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, coordination, and overall comfort level with the ball.

1. Pull Across Body – Change Direction
 - a. Player touches ball between their feet with the inside of the foot, then after approx. 2-3 touches, player pulls ball across body with the sole of the foot, while simultaneously changing direction.
 - b. Player then repeats, and alternates the pulling foot.

2. Sole To Instep – Change Direction
 - a. Player dribbles ball in one direction.
 - b. Player then quickly puts sole of foot on top of the ball and pulls ball back, and stops it with the instep of the same foot.
 - c. Player now dribbles ball in a different direction and repeats sequence with the other foot.

3. Step over To Sole, Change Direction.
 - a. Player dribbles ball, then steps over it, from outside to inside, with the right foot.
 - b. Player then pulls the ball back with the sole of the step over foot.
 - c. Player now dribbles again and repeats sequence 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 Fast Footwork From Sessions 4 and 5

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, (depending on the # of coaches, ie, # of coaches = # of lines), and have them come out in dividually, 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. 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.



Skills Session #6 – Saturday October 4th, 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

Roll Over-Lift Away

This Move Is Particularly Effective In Tight Situations.

Format For Session

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

- a. From last session (see session #5) players dribble around without restrictions, then making eye contact with another player they dribble toward them and execute a single scissors with left foot.
- b. As in “a” above, but now use right foot.
- c. As in “a” above but now players execute a double scissors.
- d. Players dribble ball closely, then place sole of right foot on top of the ball, pulling it quickly inside, then planting left foot, they push the ball in the opposite direction with the outside of the right foot. (The combination of pulling the ball inside and planting the left foot simultaneously is what fakes the defender)

2. Game Related Conditions

Exercise 1

- a. Players arrange themselves in groups of 3, in a line, approximately 10 yards between each player, with the outside players A and C each having a ball.

A _____ 10yds _____ B _____ 10yds _____ C

- b. A passes ball to B who executes move, beating A.
- c. A now receives ball from C, and A beats C, who now receives from B, etc.

Exercise 2

- a. 4 Players arranged as shown below.

X1 ____5yds.____X2 Y2 ____5yds. ____Y1

- b. X1 beats X2 then passes to Y2, while simultaneously Y1 beats Y2 and Passes to X2.
- c. Repeat the sequence

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 endeavors with any success to execute this weeks move.

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