



PRINCE WILLIAM COURAGE

RECREATIONAL CHALLENGE LEAGUE

COACHING CLINIC CURRICULUM 2008-09

Important Notes

1. Coaches must be on time and dressed in PWSI training gear.
2. Coach should be enthusiastic and extremely positive.
3. Coach must be in training shoes and be able to demonstrate and play with the players on a regular basis.
4. Training will last no longer than 1 hour 30 minutes.
5. 50-70% of the session will be on training technique. 30-50% on small-sided games like 1 v 1, 2 v 1, 2 v 2...No large games are to be played. Maximum is 6 v 6.
6. Coach must insist that players:
 - Are on time,
 - Are dressed like a player in uniform.
 - Each have a properly inflated ball.
 - Are encouraged to try different moves, be creative.

Coaching Points to be followed: 3 Key Points

- **State the objective** of the exercise
- **Demonstrate** skills or games to be performed
- **Let them do it!**

Week One

DRIBBLING (70% of the practice) Demonstrate all different types of dribbling moves with both feet. Footability & Coerver - Fast Footwork. Juggling. Each player with their own ball performing exercise moves.

Key Points: Change of Direction. Change of Speed. 1 v 1 (30%) - Divide players up into groups of 4 and have them take turns going 1 v 1. Run ball over the line or score on small goal.

Key Points: Run right at defender's front leg (Why? So he has to use his back leg to tackle). Make move. Accelerate using the outside of the foot away quickly.

Week Two

BALL CONTROL (70% of practice) - Partners. Demonstrate all body surfaces to control ball. One partner serves while the other controls, get ball to feet, and pass it back. Can we take the bounce away by using the ground and part of your body to control quickly. Control on the move - not standing still. 14 different body parts consisting of: four parts of the foot (inside, outside, laces & heel), each thigh, each shoulder, chest and head. Group of 4 going 1 v 1 (30%). Ball must be served in, at different heights, to a player before they can go 1 v 1. Run ball over line to score or into a small goal.

Key Points: Get in line with the ball, decide what surface to use early. Relax the surface. Control the ball into space away from your opponent.

Week Three

PASSING (70% of practice) - Partners. Demonstrate every pass. One player works while the other partner serves passes - rotate after each minute. Inside, outside, instep, (on the ground, in the air, jumping & passing back) heel, thigh, head. Insist on players being creative. Pass on the move - not standing still. Key Points: Weight of the Pass, disguise of the pass, timing of the pass. Groups of 8 going 2 v 2 (30%). Play 2 v 2 to run ball over a line or score in a small goal.

Week Four

SHOOTING (70% of practice) - Partners. Demonstrate striking the ball. Left and Right Foot. Groups of 6 at make-shift goals. One player plays Goalkeeper for two rotations then changes. Strike shots at Goalkeeper - Still Ball, moving ball, control & strike, bouncing balls, curling shots, driven shots, toe pokes, dribble & shoot, 1st time strikes.

Key Points: Striking foot should be first foot to touch ground after strike, follow through low, follow through at target. Plant foot, head steady, tight body on contact, give the Goalkeeper a quick look.

Groups of 6 going 1 v 1 (30%). Players must take another player on and shoot going towards goal. Bring defender in from different angles. Forward, from behind, from the side. Strike on goal 'must' happen. Encourage attitude to shoot quickly & accurately. Force a goalkeeper to make a save by keeping the ball "on target".

Week Five

SHIELDING (30% of practice) - Groups of four in a grid. Two at each end of the grid (servers) - Two players in the middle of the grid. Ball is played to one of the middle players, who shields ball, turns and passes ball to player at the opposite end of the 10 x 15-yd. grid. Reverse the roles going back the opposite way.

Change with servers after One minute.

Key Points: Check off the defender (break free from his marking), come toward ball on an angle creating space to one side and the other, use arms and body to shield ball. If you cannot turn play back to server and go again. Turn on inside or outside of foot, roll defender and/or dummy ball and get on backside of defender. Progress to groups of 8 with 2 v 2 in the middle of a 15 x 20-yd. grid. Groups of 6 playing 3 v 3 (30%) in a 20 x 30-yd. grid. Run ball over a line or score in a small goal(s).

4 v 4 Tournament (70% of the practice)

Week Six

POSSESSION (70% of practice) -Groups of six in a 20 x 30-yd. grid. 3 v 3 play keep ball (keep away) in the grid. Later progress to running the ball over the end lines (direction - North-South or East to West). Rotate groups. Rotate players. Key Points: pass & move. Shield, dribble or pass when appropriate. Encourage wall passing. Groups of 8 playing 4 v 4 (30 %) in a 25 X 40-yd. area. Run ball over line or score in small goals or age appropriate sized regulation goals.