

Drill Name: York - 2v2 Get out of Here

Set up :

Create a field 25 steps by 25 steps

One goal on each end line

All balls begin with coach at half way line off the field

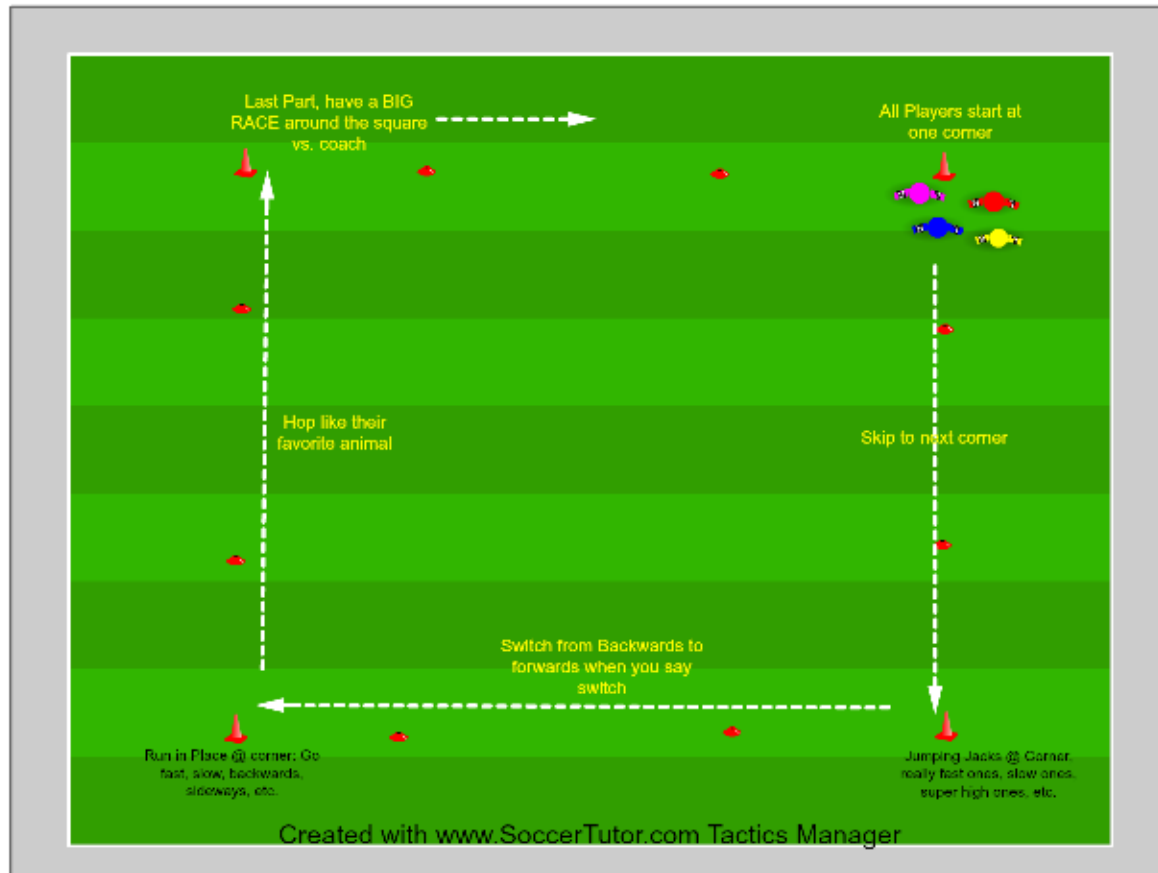
Instructions:

Create two teams. Each team creates a line next to the goal they are defending. When the coach plays a ball into the field only the first player in each line enters the field creating a 1v1 game. If the ball leaves the field or is scored the game is over and players must "GET OUT OF THERE". The coach plays in a new ball for the next two players to enter.

Coaching Points:

1. Encourage players to keep the ball in the field as long as possible.
2. Players should control the ball everytime it comes to them.
3. If a defender is trying to steal the ball they should go in another direction or show them their BACK

Parent Participation_4 Corner Warm UP



Date: 5/Apr/2013 **Measurement:** Select Pitch Area
Time: N/A:N/A **Players:** 0
Duration: N/A **Level/Age Group:** U5 - U7

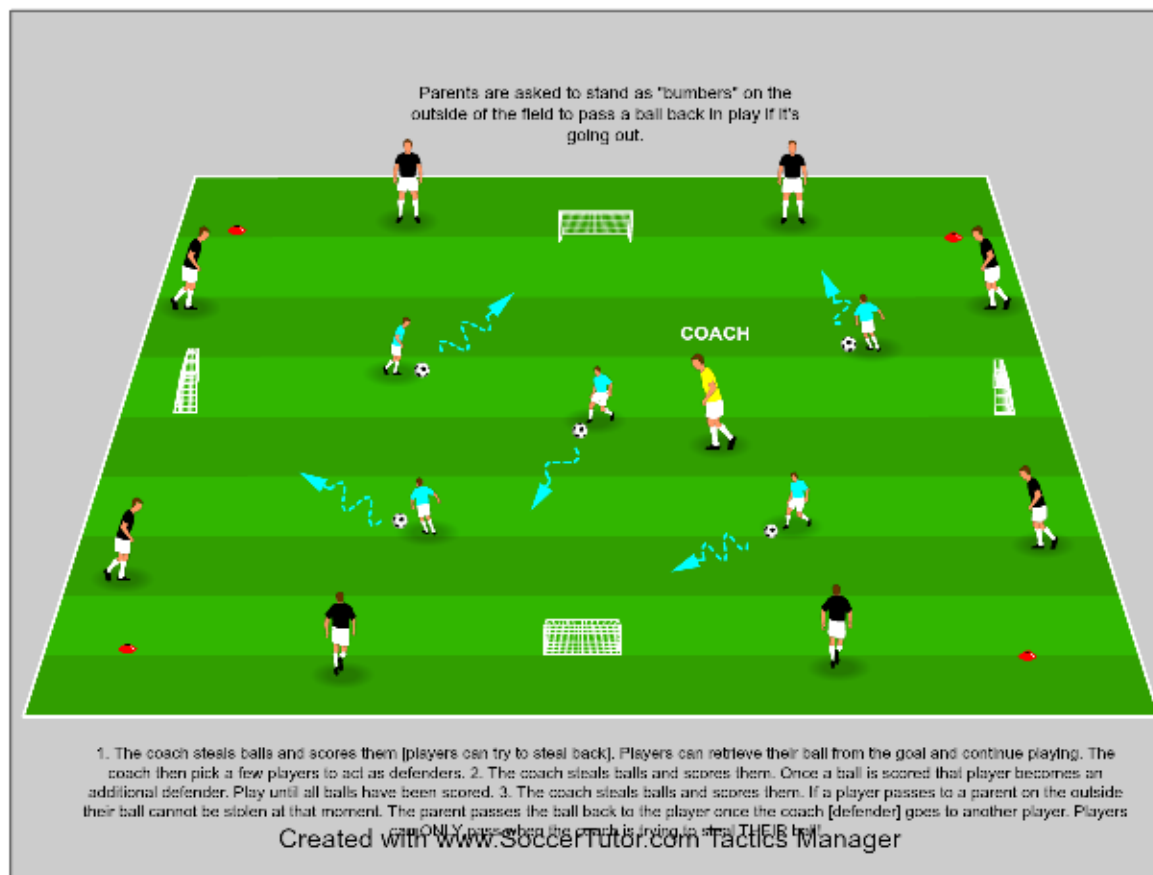
Description: This warm up is all about coordination, imagination and movement. It is your chance to be creative, goofy and set a fun tone for the session. This also gives players a chance to get comfortable with their new coach.

Objective: Follow the plan outlined in the illustration but feel free to be as creative as you can.

Coaching Points: -Speak softly when explaining what to do and raise voice when they're being active.
 -Get players used to waiting for your "magic word" they should not start what you've asked them to do until you say the magic word. It's fun to let them know you're going to try and trick them by saying a fake magic word. Congratulate those who listen well.

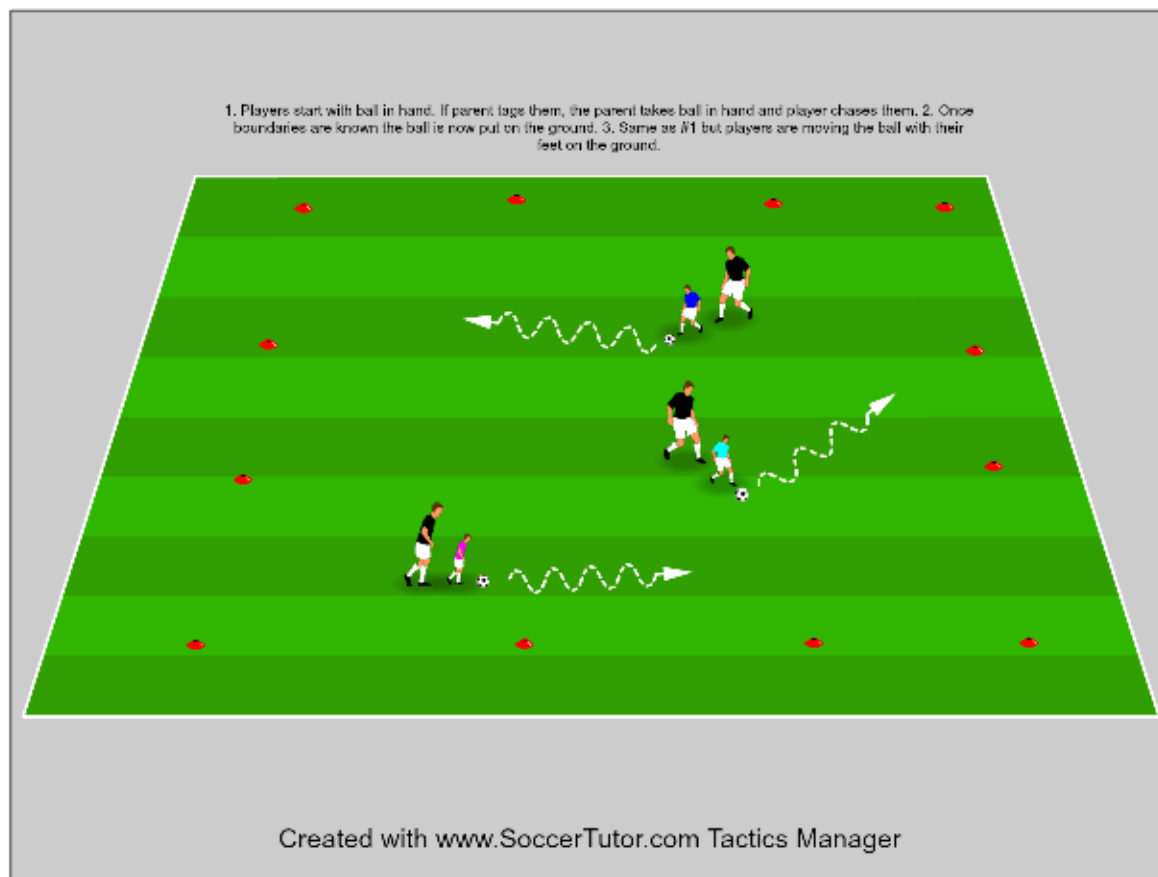
Progression: Start with this type of warm up each week but use your imagination to change how to get to each corner and what to do at each corner. Feel free to incorporate soccer balls during this warm up but don't use them the whole time.

Parent Participation_Keep Away with Bumpers_Passing Intro



| | | | |
|-------------------------|---|-------------------------|-------------------|
| Date: | 18/Apr/2013 | Measurement: | Select Pitch Area |
| Time: | N/A:N/A | Players: | 0 |
| Duration: | N/A | Level/Age Group: | |
| Description: | Set up a field with 2-4 goals on the sidelines. Parents are asked to stand on the sidelines and act as "bumpers" to keep balls in the field. | | |
| Objective: | For players to be more comfortable with defenders trying to steal their ball. Knowing that defenders do not just kick balls away from other players. They must steal them. | | |
| Coaching Points: | <ul style="list-style-type: none"> Encourage players to never stop moving Encourage players to show the defender their "back" instead of "belly button" Encourage players to steal their ball back before it is scored Remind players to only pass to parents when a defender is trying to steal their ball | | |
| Progression: | | | |

Parent Participation_Keep Away



| | | | |
|------------------|------------|-------------------------|-------------------|
| Date: | 5/Apr/2013 | Measurement: | Select Pitch Area |
| Time: | N/A:N/A | Players: | 0 |
| Duration: | N/A | Level/Age Group: | U5 - U7 |

Description: This game is played to teach the boundaries of the field and to introduce playing against another player and what happens if someone "steals" your ball in a game or exercise.

Players start by holding the ball in their hands and running away from their parent. If their parent tags them they now hold the ball and their child chases them. They are holding the ball to make it easier to understand the rules and to make it easier to understand their boundaries.

Objective:

1. For players to understand that cones create their field (boundary).
2. For players to understand that it is ok when someone takes their ball.

Coaching Points:

- Use soccer terms such as defender instead of parent during the game, dribble instead of kick when moving the ball, field instead of square when referring to their boundaries, etc.
- Encourage lots of changes of direction.

Progression:

- Make field larger or smaller, have parents begin with ball
- Encourage players to "show the defender their backs instead of belly buttons". This is an introduction to the "shielding" concept.