

COACHING CLINIC U-12 → U-19

1.) WARM UPS:

- A.) EVERY ONE WITH A BALL IN A CONFINED AREA DRIBBLE AROUND. ON COMMAND LEAVE THE BALL FIND ANOTHER, STOP, GO, TOSS IN THE AIR FIND ANOTHER BALL, DO ONE OR TWO SKILLS. ETC.
- B.) JOG THE FIELD IN PAIRS. NAME LINES 1 + 2 WHILE MOVING CALL 1 OR 2. NUMBER CALLED RUNS BEHIND + AROUND PARTNER AND BACK IN PLACE. REPEAT THIS ALL AROUND THE FIELD.
- C.) IN A CONFINED AREA APPROX SIZE OF 18 YD BOX. EVERY ONE MOVING WHILE PASSING STARTING WITH 1 BALL WORKING UP TO 3 OR 4 BALLS.
- D.) IN A CONFINED AREA APPROX 20 X 20 HAVE PLAYERS JOG AROUND WHEN COACH CALLS A NUMBER PLAYERS HAVE TO GET INTO THOSE GROUPS AS QUICKLY AS POSSIBLE. LAST PLAYERS PAY A PRICE SITUPS, PUSHUPS, ETC. IF # 2 IS CALLED PLAYERS MUST GO PIGGY BACK + ON COMMAND OFF BETWEEN PARTNERS LEGS + PARTNER JUMPS ON THEIR BACK. NOW STRETCH

2.) PASSING AND RETRIEVING

- A.) FORM A CIRCLE WITH ALL PLAYERS START WITH ONE BALL AND EVENTUALLY ADD 1 OR TWO MORE. FIRST PASS IS TO THE SECOND PERSON FROM THEM WHO PASSES BACK TO THE PERSON NEXT TO THEM THAT WAS MISSED + REPEAT 2 FORWARD + 1 BACK.
- B.) GET IN GROUPS OF 2-3-4 DEMO WORKING IN PAIRS GROUPS OF 3 + GROUPS OF 4.
- C.) FORM A CIRCLE WITH HALF OF PLAYERS THE OTHER HALF GO IN THE MIDDLE OF THE CIRCLE. THE PLAYERS IN THE OUTSIDE CIRCLE HAVE A BALL. PLAYERS IN THE MIDDLE GO TO AN OUTSIDE PLAYER RECEIVE A BALL PASS BACK + GO TO ANOTHER PLAYER AND REPEAT.
- D.) FORM A SQUARE DIVIDE PLAYER EQUAL IN ALL FOUR CORNERS. TWO BALLS 1 IN EACH OF OPPOSITE CORNERS. PASS GO BACK TO SAME LINE NOW PASS + MOVE TO NEXT CORNER MOVING RT THEN LEFT.

3.) TEAM TRAIN + SCRIMMAGE

- A.) SET UP TEAM FORMATION IN SHAPE. DIRECT MOVEMENT FROM FRONT OF SHAPE. STOP, DROP, SIDE, SIDE. ADD A BALL FOR BALL MOVEMENT, THEN ADD DEF. ALWAYS STAY IN SHAPE.
- B.) FREE SCRIMMAGE. LET THEM PLAY NO INSTRUCTION