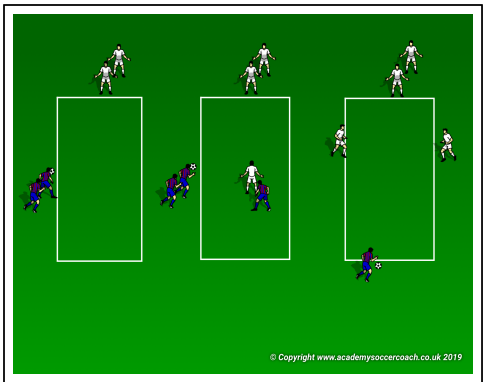
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

Coach: Erica Dambach | Session date: 22 Feb 2019 | Team/Age Group:

Theme: Technical Development | Time available:



NOTES

Technique of Individual Defending
3 grids:

A. 1 v 1 - Speed and angle of approach - finding your endpoint, turn your feet, get your arm across, weight back

B. 1 v 1 - Attacker sets up with back to goal - don't allow attacker to turn, steal ground, be a fencer not a bear, do not foul

C. 2 v 1 - "Straight drop"

Turning Series

Communication: Name - Command - Volume
2 explosive steps after you play
1. 3 opens up and receives a ball from 1 and then plays to 5 - follow your pass (4 & 6 play simultaneously and follow the same pattern)
2. 1 plays 3 who cuts across A and plays to 5
3. 1 and 3 double pass and 3 receives it back on the other side of A and then plays 5
4. 1 - 3 - 1 - 5 - 3 - 5
5. Play based on movement of 3 - run dictates the pass

Functional Series - Central Backs

Focus - scanning, decision making, technical application
1. Scan - receive (focus on angle of first touch) - play small goal (apply light pressure)

2. Add 2nd goal at distance - same as above

3. Add defender in between 2 goals and as attacker takes a touch they move to one goal or the other and the CB has to play into the opposite goal

4. Same as above but now dribble penetrate and play

Finishing

Left side vs Right side

1) Two balls.

1st ball: 1 - 2 - 1 - 3 - 2 for finish,

2nd ball: 5 - 4 - 5 - 3 - 4 for cross to 2 & 3

Add different sequences