

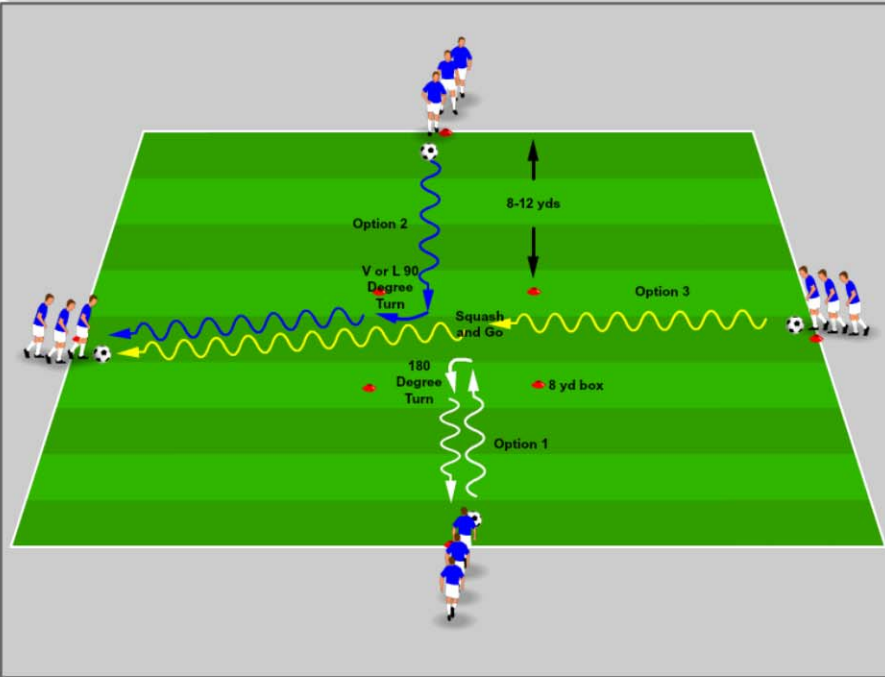
**U11-U14 Coaches Clinic - Layering**

Date : 27/Sep/2013  
Time : N/A

Duration : N/A  
Age/Level : U11 - U18

Session Objective: Training Activities Using Layering

**Colorado Rapids Box - Dribbling**



**Description :**

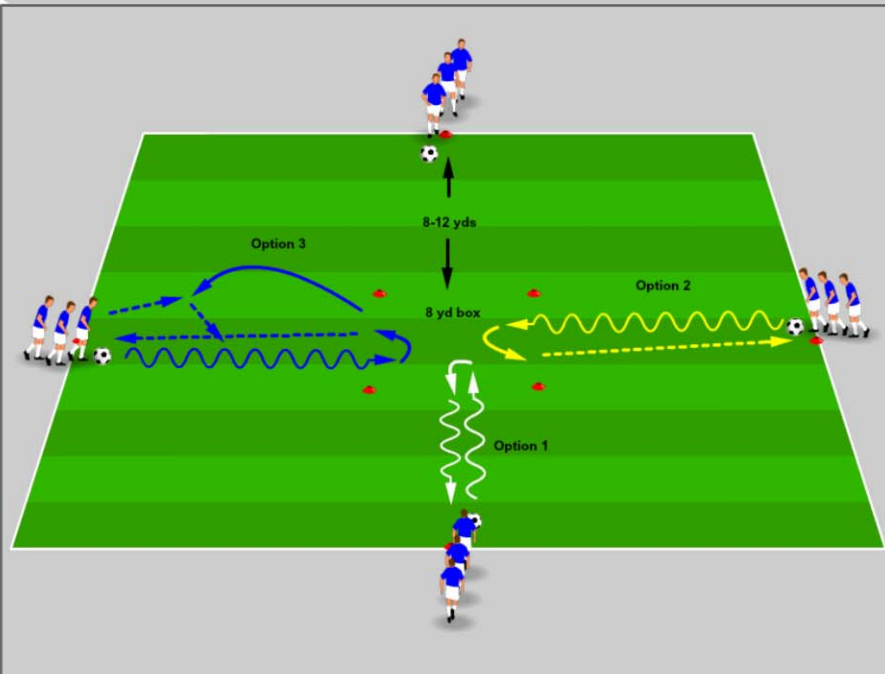
1. Dribble into box, 180 degree dribble turn (inside cut, outside cut, Cruyff), dribble back to next player in same line for takeover (right foot to right foot or left foot to left foot) Variation: throw 1v1 move on the way into box
2. Dribble into box, 90 degree dribble turn (V or L), dribble out in new direction for takeover with next player in line on right or left
3. Dribble into box, squash and go (or other 1v1 move), dribble out across grid to opposite line for takeover with next player

**Coaching Points :**

Bigger touches when farther from box, smaller touches as you get closer to box. Make sure body/hips go with ball on dribble turns. Accelerate out of turns for explosive change of direct.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside. 90 turns: V's, L's, 180 turns: inside/outside cuts, pull back, cruylff, squash and turn, etc.

**Colorado Rapids Box**



**Description :**

1. Dribble towards box, throw 1v1 move, dribble into box, dribble turn (inside cut, outside cut, Cruyff), dribble back to teammate for takeover
2. Dribble into box, dribble turn, pass to teammate (inside, outside, laces) and follow pass
3. Dribble into box, dribble turn, pass to teammate and follow pass to combine with next player (wall pass, lay off, overlap)

Variation: have layoff be to 3rd man in back of line - player returns to front of line

**Coaching Points :**

Focus on ball control, weight and accuracy of passes  
Emphasis on speed of play

Layering: Force players to play and do something/think - not just play and stop