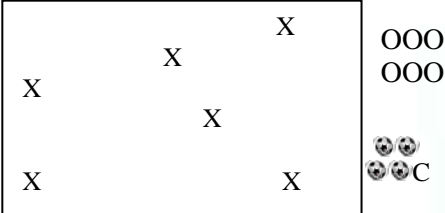
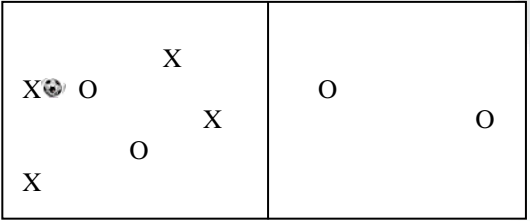
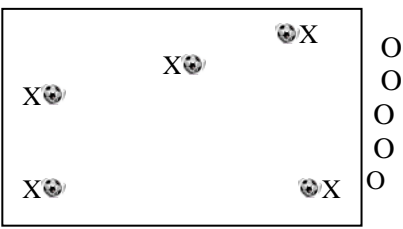


Name: Ray Nause

Team: Rio Rapids SC U9-U10 Coaches Clinic

Topic: Emphasis on Winning the Ball Back

Date: 9/8/13

Diagram	Activity Description	Coaching Points
<p><b>Warmup</b> If You Don't Have a Ball Get One</p>	<p>all players in an appropriately sized grid – half of the players have a ball – whoever has a ball when coach calls stop wins, ball out is gone</p>	<p><u>Emphasis on winning the ball back</u> *be aggressive, and get a ball as fast as you can *separate the attacker from the ball – don't just kick it away *use your arm to own your space</p>
<p><b>6v2 Kamikaze Defending</b></p> 	<p>15 x 25 yard grid *one team of 6 inside grid-other in pairs outside * coach passes ball in and one defending pair enters and must get the ball out of the grid as fast as possible *once ball is out – coach plays in new ball and next pair must get ball out *pair (or team) allowing fewest passes wins</p>	<p><i>All of the above plus:</i> *be aggressive and get ball out as fast as you can *introduce front foot poke tackle *work together with your partner – where might next pass go?</p>
<p><b>4v1+ Transition Game</b></p> 	<p>4v1 in two 15 x 15 grids (2 groups) * two teams of 4 begin on their half of the grid * coach plays ball into one side, and 1 opposing defender can cross to win ball back * every 4 passes another defender can enter *get a point every time you can win the ball and get it to the other side</p>	<p><i>All of the above plus:</i> *player who lost ball should try to win it back right away *attempting to win it back with numbers up immediately after you lose it – prevent ball from switching sides</p>
<p><b>Team Knockout</b></p> 	<p>25 x 35 yard grid *one team inside grid – each with a ball * defending team starts outside *how long does it take for defending team to get all balls out of grid *attacking players can work together once the ball they possess is out *team with shortest time to get all balls out wins</p>	<p><i>All of the above plus:</i> *focus on immediate defensive pressure and working as a team to win soccer balls</p>