

Rio Vista FC U11 – U14 Coaches Clinic
Sunday, October 2, 2011

1. *Building Heading Comfort and Confidence*

- a) Head Only Juggling – make it competitive with personal best and within group
 - Individual
 - Partner
 - Groups of 4: short, short, long
- b) Introduction of Power Heading Technique and Header Tag
- c) 1v1 Heading – See Activity 1 on Lesson Plan
- d) Heading in 3's: Introduce Jumping and Attacking the Ball with Player Obstacles – See Activity 2 on Lesson Plan
- e) Heading in 4's or 6's – See Activity 3 on Lesson Plan
 - Introduce posting up and moving the ball on as attackers (goalkicks, punts, clearances)
 - Drop step and attack the ball as defenders

2. *Attacking from Wide Positions*

- a) 6 v 4 to a Full Size Goal – See Activity 4 on Lesson Plan
 - Combinations to get in on the flanks
 - Service technique and quality – all the way in the air or all the way on the ground
 - Box runs body shape, location and timing
- b) 10 Ball Competition Between Attack and Defense – see Activity 5 on Lesson Plan

3. *Penetrating Runs and Passes*

- a) Receive Across Body Diamond Activity – See Activity 6 on Lesson Plan
- b) Passing in 4's within a 35 x 44 yard grid and introduce runs and passes to penetrate back lines – See Activity 7 on Lesson Plan
- c) 6v6+2 to penetrate a line and then go to goal – penalty box wide and 35 yards long – See Activity 8 on Lesson Plan

4. *Coaching within the Game – Things to Consider (players)*

- a) On the ball: Allowing players with the ball to make decisions then coaching vs. telling players what to do prior to them making the choice
Making sure that what the suggestion or correction we give is the root cause and not just a symptom
- b) Off the ball: How to ask guided questions within the game to get players to recognize certain situations and to engage them within the game or change their behavior