

Rio Vista FC U9 – U10 Coaches Clinic
Sunday, September 18, 2011

1. Utilizing Pre-Game Warmup to Improve Technique

- a) Ball Striking & Shooting
 - Hitting shot from distance off dribble (before some marker – penalty spot or top of box)
 - 1v1 versus goalkeeper (no restriction on when shot is taken)
 - Cross and finish – focus on body shape of player and attacking the ball with inside foot
 - Receive pass, turn around cone and shoot
- b) Passing
 - Siamese soccer tag – ball at feet (players)
 - Pong
 - Groups of 4 players with two outside players delivering pass (players)
- c) Receiving
 - Receiving circle – on ground (turn ball and pass elsewhere), in air for U10s (foot volley, thigh-volley, chest-volley)
 - 3 Zone Game – no defenders for U9s, 1 defender for U10s (players)
- d) Dribbling
 - Dribble tag – everyone is it, ½ of players are it with safe bases
 - Dribble split is worth a point – ball out or that runs into other players is minus one
 - Musical balls
 - Dribbling surfaces - lace-lace-sole-lace, inside-inside-roll, outside-inside R outside inside L, V – drag L push outside R drag R push outside L, V – same as above but push with inside of foot

2. Organization and Planning for Goal kicks and Goalkeeper Possession (players)

(an area where teams tend to frequently give the ball directly to the opponent creating a scoring chance or just boot the ball as far up the field as they can)

- a) GK takes all goal kicks
- b) When the ball goes over the endline for a goalkick, the GK grabs the ball as quickly as possible, runs to the edge of the penalty box near an open player, sets the ball, quickly plays a short pass to them, and recovers to the front of the goal
- c) When to go long
- d) 3 player options for short pass – 2 sides of box, inside D at top of box
- e) 2 long passing options

3. Winning the Ball Back

- a) 1v1 defending: If You Don't Have a Ball Get One – separate players from the ball instead of just kicking it away
- b) When we lose the ball – emphasis on winning it back as soon as we can: 2-grid transition game focused on quick transition to win the ball back (players)

4. Helping Players to Recognize & Utilize Open Space in the Attack (players)

- a) 4v4+4 possession game

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

- a) Allowing players to make decisions then coaching vs. telling players what to do prior to them making the choice
- b) How to ask guided questions within the game to get players to recognize certain situations and change their behavior