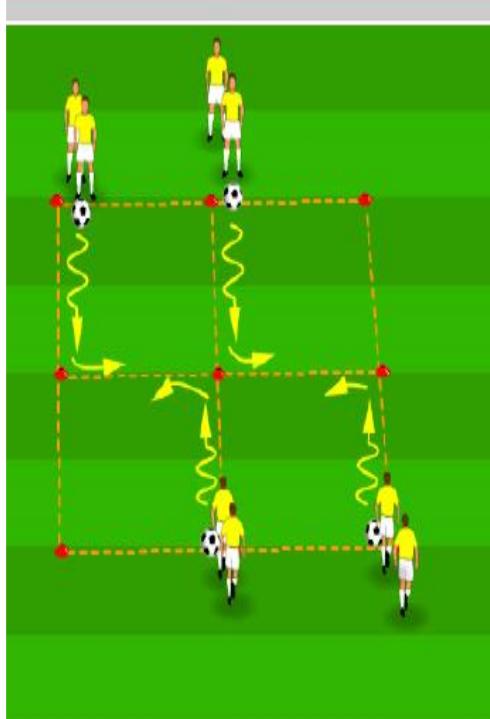


SCUFC Foundations Pool Training Curricula Week 2 (Aug 26-30)

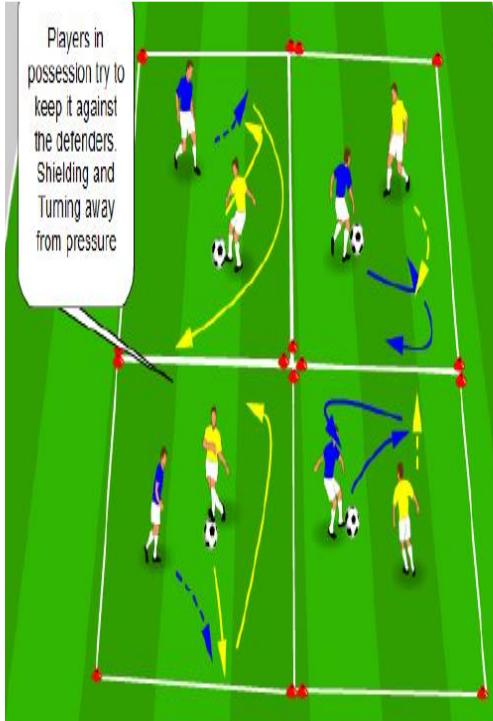
Weekly Training Topics: Individual Technique. Dribbling and turning to escape pressure. Stopping and accelerating

Technical/Tactical Concepts Covered: Peripheral Vision and Ball Protection to keep it away from Defenders

- Key Points to Emphasize:
- Head on a swivel to be aware of where the pressure is coming from and the open space is
 - Shielding the ball and accelerating after changing directions to leave the defender behind
 - Eyes First, Brain Second, Feet Third for proper chain of events (decision making process)



Technical/Shooting Activity = Create 10-12 yard squares and instruct players to get in pairs, both sharing a ball. The activity is very simple as you see from the graphics. The first player starts dribbling to the right with Right foot, then completes 3 turns around each corner based on the coach's direction (Inside Chop, Outside, Step Over, Roll Sole, Pull Cruyff, etc). For a shooting drill, work on similar skills but add goals to shoot after the turns (defender chase)



Warm Up Exercise = Inside same squares as we used for the Technical drill, instruct the same 2 players to get inside the square with 1 ball. The game is 1v1 Inside the Square for Ball Protection, Body Shielding, and Dribbling to Change Directions. Squares of about 10-12 yards. As Variations, award a point every time a player is able to hold the ball for 5 seconds, then every time they hold the ball for 5 seconds plus they touch a cone, then 2 cones, etc.



Functional Technical Drill = 1v1 Drill with Crooked Goals for dribbling and changing directions with the ball (Grid in fields of about 30x20 yards). Divide the team into 2 colors (Blue and Red like in the graphic) and instruct them to line up. Blue passes in front of Red (or the Coach at the beginning) who needs to get the ball and attempt to score on the top left goal. Blue chases and tries to take the ball from Red for then dribble and try to score on the goal on the right



Small Sided Game = 1v1 to goal situations to reinforce Ball Control, Dribbling Speed, and Acceleration to leave the defender behind. Red and Yellow don't know what role they will be in (Defense or Offense) so they must react quickly. In the graphic, the Grey player passes to Red and thus Yellow becomes Defender. Coaches make sure players use a proper 1st touch into the space and Protect the ball with their bodies when under pressure

