

2010 Spring Soccer Skill Session Calendar

DATE	SKILL SESSION FOCUS	RECOMMENDED DRILL
4/5/10	Dribbling (Using all parts of the foot)	Practice using all parts of the feet (inside, outside, sole, laces) for 5 minutes, then play Knockout for 10 minutes.
4/7/10	Throw-Ins	Display proper technique for throw-ins, then: 1. Setup two lines out of bounds. 2. Each line performs a proper throw-in to a teammate waiting to trap the ball. 3. Thrower becomes receiver. Receiver goes to thrower line. Correct any incorrect throw-ins
4/12/10	Dribbling (Pull-Back)	Demonstrate the proper technique of performing a pull-back (5 minutes). Have players free dribble in grid and perform a pull-back (using right & left foot) on command from coach (10 minutes).
4/14/10	Juggling	Start with the thigh, then foot. Challenge the players to perform combos: thigh-foot, foot-thigh, left foot-right foot
4/19/10	1v1	1. Setup two lines next to the goal. 2. Coach plays ball into middle of field. 3. Both players attempt to gain control the ball, and score on the same goal. 4. Challenge the players to use their dribbling moves to create space for room to shoot the ball.
4/21/10	Shooting	1. Setup Shooting line outside of goalie box. 2. Coach passes ball to the top of the goalie box. 3. Players takes one touch on the ball and then shoots on goal. 4. Challenge players to use right, and then left foot.
4/26/10	Passing	1. Setup two cones about 10 feet apart. Have two lines on either side of the cone facing each other. 3. The ball is passed back and forth to each cone, with the player that makes the pass going to other line. 4. Challenge the players to take two touches (one touch to control the ball, one touch to pass). 5. Add a third cone to the mix to make a triangle, and you could also have the players play one-touch.
4/28/10	Dribbling (Using all parts of the foot)	Practice using all parts of the feet (inside, outside, sole, laces) for 5 minutes, then play Knockout for 10 minutes.
5/3/10	Foot Skills	Toe Taps (Touching the top of the ball with the toe/sole alternating feet as fast as possible) - Stationery, moving forward, backwards, left, right Boxing (knocking the ball back and forth between each foot as fast as possible) - Stationery, moving forward, backwards, left, right
5/5/10	Dribbling (Pull-Back)	Demonstrate the proper technique of performing a pull-back (5 minutes). Have players free dribble in grid and perform a pull-back (using right & left foot) on command from coach (10 minutes).
5/10/10	Juggling	Start with the thigh, then foot. Challenge the players to perform combos: thigh-foot, foot-thigh, left foot-right foot
5/12/10	LAST GAME (Medal Ceremony/Party after game)	