



Clinic Technical Development

End of season goals:

- Ability to dribble with all parts of their foot – inside, outside, top, sole
- Ability to control ball while dribbling (i.e., change of speed, start/stop, change direction)
- Ability to pass/kick with instep and laces
- Receive simple passes on the ground and control the ball
- Start using both feet
- Basic 1v1 defending (i.e., no stabbing or swiping at the ball)
- Players love the game enough to return next season

Points for Coaches:

- Keep training sessions to 1 hour max (i.e., 5-7 minute warm-up, 10 minute technical games, 10 minutes pressure games, 20 minute scrimmage)
- Keep players moving as much as possible, avoid standing in line
- Every player should have a ball on their foot as much as possible
- Activities must be fun in nature, and incorporate some level of pressure (pressure in an activity can be an opponent, obstacle, time, etc.)
- Teach that all 4 players on the field at a time, attack and defend together
- Game day shape options: 2-2 or diamond. The diamond shape is preferred for older clinic teams as it starts to promote soccer shapes (i.e., triangles) and better passing angles

Sample Activities:

Warm Up:

- Toe Taps, Tic Tocks, Toe Taps with pull back, Tic Tocks with sole rolls

Primary Activities - examples are:

- Squirrel and the nuts (running, dribbling, shielding, passing, tackling)
- Sharks and minnows (dribbling, shielding, tackling)
- Steal the bacon (running, dribbling, shielding, tackling)
- Fox & Hound (running, speed & agility...great change of pace activity)
- 1v1 Coerver drill-Attacking
- 1v1 Coerver drill-Change in direction
- Slalom cones dribbling

- 4v1 Keep away
- Dribble gates
- 3v3 four goal game
- Technical ball skills drills:
 - Dribble to cone and back do a pull back and U turn
 - Dribble to cone and pass back to partner
 - Player to receive the ball with a box, dribble through obstacles and return with ball