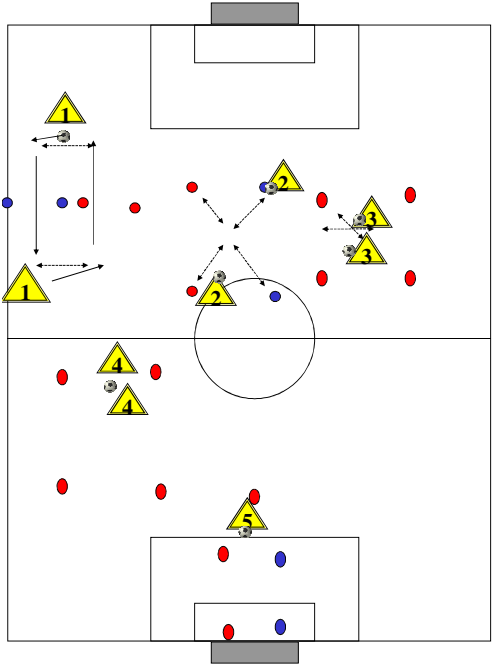
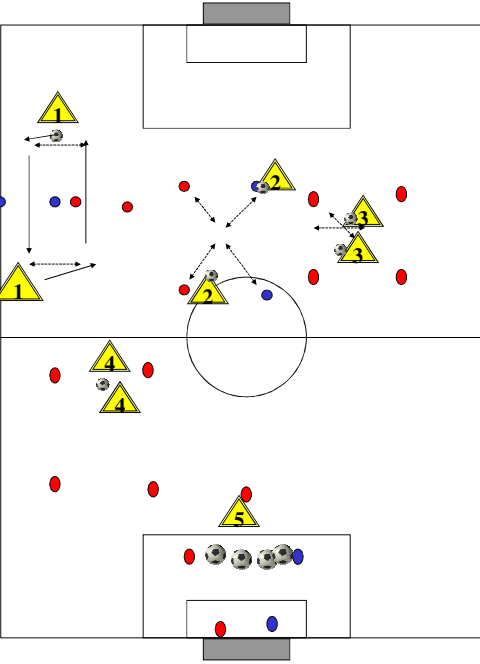


	Method	Organisation	Coach Moments	
W-up	<p>In this case we offer the Group players 5 drills, where every form of technical possibilities will come back in SOCCER situations, without opponent. The ball is already resistant enough</p> <p>In this situation I used the whole field for the organisation. Normally you use a half field, rounds 1 2 3 and 4 next to each other and 5 in the box.</p> <p>This drawing must be more clear....</p> <p>2 minutes every round, after 2 minutes switch. Go to the next one</p>		<p><b>Exercise 1 PASSING and TAKE THE BALL ALONG</b></p> <p>The First player is passing the ball in between the blue cones with his right inside foot. (distance 15 yards) the player on the other side moves to the blue cones (footwork) so he can take the ball with his right inside to his right side. Than he is passing the ball back between the red cones, meanwhile the other player moves to the red site to take the ball with his right foot. And he start again. 2 touches each</p> <p>Train: footwork, passing, taking the ball along and coaching (call for the ball)</p> <p>Difficult: make the distance bigger, the cones smaller (smaller goals) or change it to a laces pass.</p> <p><b>Exercise 2 Feinting moves and chopping</b></p> <p>In this drill players must dribble, and make a feinting move in the center when they approach each other. The blue cone player feints to the other blue cone, the red cone player, feint to the red one. On the way back they do the other leg because they are moving to the other site (still blue blue and red red) at the cone they must CHOP the ball and starting again when there is eye-contact.</p> <p>Train: speed-dribble, feinting moves 180degrees chopping moves, guts to pass a opponent</p> <p>Difficult: smaller rectangle, work with time</p>	

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W-up	<p>In this case we offer the Group players 5 drills, where every form of technical possibilities will come back in SOCCER situations, without opponent. The ball is already resistant enough</p> <p>In this situation I used the whole field for the organisation. Normally you use a half field, round 1 2 3 and 4 next to each other and 5 in the box.</p> <p>This drawing must be more clear....</p> <p>2 minutes every round, after 2 minutes switch. Go to the next one</p>		<p><b>Exercise 3 CHOPPING THE BALL 90/180 AND SPEED-DRIBBLE THE BALL</b></p> <p>2 players are dribbling in a square. They try to find eye-contact. On the moment of eye-contact, they have to speed up, dribble towards each other and on the last moment they have to chop the ball to the nearest sideline and chop again on the line. Then slow down the dribble and on the moment of eye-contact speed up again and start over.</p> <p>Train/practice: dribbling slow and fast, chopping 90 to 180 degrees, watching over the ball for eye-contact Difficult: square smaller, less touches with the ball</p> <p><b>Exercise 4 DRIBBLE AND CHANGE DIRECTIONS WITH A CHOP OR BODY-MOVE, DEFENDER FOLLOWS IN DEFENDING POSITION</b></p> <p>Player 1 is dribbling forwards in diagonal line, from sideline to sideline. He is dribbling and plays with speed. Player 2, the defender is following him with the ball on the outside in the defender position.</p> <p>Train/practice: dribbling, change direction with ball and speed with ball, defending position and footwork</p> <p>Difficult: Player with ball may pass the defender, he must stay between goal and attacker</p>	<p><b>Exercise 5 SHOOTING ON GOAL WITH INSIDE FOOT</b></p> <p>Player starts at the cone, runs forward and shoots the ball with inside right in the goal between the post and the cone. He goes back sideways and sprints for the second ball - now he will shoot with left, 3 right 4 left.</p> <p>Train/practice: footwork, shooting inside foot and pointing,</p> <p>Difficult: instead of low, kick high Laces instead of inside foot, distance until the goal farther away</p>

