



Youth League Explosiveness and Change of Direction

Category: Technical: Coerver/Individual Skills
Difficulty: Beginner

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Warm Up and Knock Out/King of the Hill (25 mins)

Organization of Session (25 Mins)

- Space is Roughly 20x30 (adjust as needed for success)
- 1 Ball per player
- 2nd half of warm up should be the knockout or king of the hill

Key Points

I Use this activity for all and every Warm up, We allow freedom of movement with the ball then progress to using different surfaces of the foot, different dribble moves, and different co-ordination skills.

Common surfaces, Inside/Outside of foot, foundations, toe taps, rolling/dragging the ball with the sole of the foot. Using these in any repetitive combination will ensure that we give the players enough touches while allowing them to explore with the ball.

STAR Moves incorporate 3-4 star moves then add a new move weekly,

Coaching Points

Focusing on players keeping the ball close, taking quality touches not just racing through the touches. I like to ask the kids to be able to take a touch with every step, It sounds simple but is quite a challenge. With the **Star Moves** we want to encourage EXPLOSIVENESS and a CHANGE OF DIRECTION

Knockout

Knock out players dribble the ball around the restricted space trying to keep their ball from going out of bounds. there are many ways to vary this game to create the proper level of challenge,

Level 1 One defender who knocks out a players ball, then is allowed to get his own ball and join as a dribbler while the player whos ball was lost becomes the new defender

Level 2 Everyone has a ball and must protect theirs while trying to knock out someone elses ball. When someone losses their ball they must collect it and cannot join in again until they complete some slight punishment based on technical ability(40 toe touches, foundations ETC)

King of the hill

Functions much the same as Knockout, though the difference is players who get a ball knocked out must stay out until their is a winner, players knocked out early can be required to juggle or work on foundations until the King has been crowned!



Gates/Battle (20 mins)

Organization of Session (15 Mins)

- Size roughly 30x40
- 2 more gates than players (battle 2 more gates than pairs)
- multiple rounds 45 -1 min in duration

Key Points

Both "Gates" and "Battle" are about getting players to stay in control of a ball while moving through the gates.

We are looking for control with a **change of direction** and **explosiveness**

Coaching Points

For the "gates" game having players perform different star moves through each gate helps build difficulty and challenge without adding defenders.

For the "Battle" game (U8 and Up) pair the players up, 1 ball per pair, they must battle for the ball and the winner is the player who can dribble through the most gates (other player should be trying to take the ball back and go through gates on his/her own) Winners in this game after end of time limit stand with a ball over their head while none winners move to a new winner to start the next round



Chickens and Penguins (25 mins)

Organization of Session (20 Mins)

- size 30x40
- Mini Goals at each end
- split teams in half
- players compete for the ball and try to score on opposition
- balls goes out of bounds next players go
- Coach calls out how many players from each team get to play the round(1 Chicken, 2 Penguins..etc.)
- Coach puts ball in play where ever they see fit.

Key Points

Allow your players to come up with their respective team names(Chickens and Penguins is just how I learn it from a 6 year old)

We want lots of repetition in this game

Look to create numbers up or numbers down situations, 2 on 1, 3 v2, 1v3

Look to put the ball in a variety of locations when starting the round.

ALWAYS FINISH WITH ALL THE CHICKENS VS ALL THE PENGUINS, put as many balls out to allow for lots of one on one battles,

Coaching Points

Vary your game by putting you better players in numbers down situations at times, if you recognize a player is going to struggle against another player, give them an additional teammate, try not to have too many players on the field at once, we want to encourage players to dribble, Lastly if you notice a lot of shots restrict the older players to scoring from within a certain range!

