



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Seven

Drill #1 - Warm Up: Treasure Island

A square is set up with 4 corner sections where the players are split up into 4 separate groups. All soccer balls are scattered in the middle of the square. One player from each team runs out and dribbles one ball back to their corner, once they're back the next player can run out and do the same. Once all balls are gone from the middle players can then 'steal' balls from the other teams. When 'stealing' only 1 player can leave at a time taking 1 ball at a time and no blocking/tackling is allowed to prevent balls from being taken.

The winner is the team with the most balls in their possession at the end of the game (approx 4-5 minutes).

Drill #2 - Treasure Island (with turns)

The game can be progressed by having each player perform a turn (Dragback, L Turn, Inside Hook, Outside Hook) before each ball that they take (from the middle and when 'stealing' from other groups).

The winner is the team with the most balls in their possession at the end of the game (approx 4-5 minutes).

Drill #3 - Dribbling Zig Zags

Have lines of 8 cones (1 yard apart) with a max of 4 players behind each line. Each player will have a ball and will zig zag through the cones with a variety of surfaces/techniques. The next player in line starts once the player in front is half way through. Zig Zag techniques include:

- double inside
- double outside
- double inside/double outside (right only)
- double inside/double outside (left only)

Zig Zag technique examples: <http://www.youtube.com/watch?v=v9ZmlbC7HNc>

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