



Melrose Clinics- Fall 2013

Staff Coach: Martin Desmarais, USSF & NSCAA Licensed Coach, Coerver Certified

Schedule:

Sundays

1:30-2:30pm U10's

2:30-3:30pm U12's

6 Sessions- Sept 15th- Oct 20th (Rain Dates- Oct 27 and Nov 3)

Max 15 kids (Co-ed) per 1 hour time block

Session Format:

15-20 minutes: Warm-Up- Ball Mastery & Individual Skill Exercises

20 Min: Topic Exercise #1

20 Min: Topic Exercise #2

End of Session

Description:

Each session will begin with Ball Mastery and or individual skill exercises where applicable. For example, the warm-up for Session #2 'Attacking Moves' will include the introduction of several attacking moves and variations. The first exercise to follow will provide players with an opportunity to try new moves with limited pressure. The second exercise will progress to game speed/pressure against an opponent.



Session Topics:

Session #1

Dribbling:

Learning outcomes:

- Identify proper technique for 'Speed dribbling'
- Where and when to speed dribble

Session #2

Attacking Moves

Learning outcomes:

- Skill introduction of 'take on moves'-to get in space behind defenders
- How and why to use moves to create space

Session #3

Change of Direction

Learning outcomes:

- Basic techniques used to change direction- when defender is in front
- How to turn away from pressure and use body to shield the ball

Session #4

Passing & Receiving

Learning outcomes:

- How to shape body to pass the ball- inside foot
- Emphasis on Pace (speed) and Accuracy of passes
- Understanding "touch direction" when receiving

Session #5

Fakes & Feints

Learning outcomes:

- Skill introduction to create space- when defender is along side
- Importance of 'Hesitation and Acceleration" to slow down defenders

Session #6

Skills Review

Learning outcomes:

- Reinforcement of skills learnt over the duration of the course
- Technical review for topics and specific challenges will be provided
- Offer a competitive and fun atmosphere to try new skills without fear of mistakes or failure