



Skills Session #3 – Saturday September 6, 2003 - Phase 1

Sections A and B will be conducted with all Jr. Lobo, 94s, and 93s, with the exception of coach Posner's 93' team which will be evaluated at the 11:00 to 12:00 session, and will take part in the second phase of the skills program.

A. Warm-Up/Ball Feeling – 5 Minutes

B. Review Of “Stepover”, and Instruction On Session #3 Activity –15-20 Minutes

C . Scrimmage – 3v3 (20-25 Minutes)

1. Ball Feeling * - There will be a review of these items each week to ensure the kids are working on them and to address any questions they may have. Repetition is the key. The more touches the better it gets! The video of these items is on the website. Its not crystal clear, but it should help folks visualize what is being instructed.

1. Roll foot over the ball, outside of foot to inside of foot. Alternate feet after 10-15 repetitions.
2. Roll foot over the ball, outside of foot to sole of foot. Alternate feet after 10-15 repetitions.
3. Roll shoelaces (instep) up face of ball to sole of foot. Alternate feet each time.
4. Pull back ball with sole of foot and push away with shoelaces. Alternate feet each time.
5. With sole of foot on top of the ball, roll ball to the outside, stopping it with the inside of the same foot. Alternate feet each time.
6. Perform exercise 5, but now instead of stopping the ball, tap the ball with the inside of the foot, to the other foot, and repeat the exercise with the other foot.
7. Pull back ball with the sole of the foot, and push away with the inside of the foot in another direction.

- *Balance is extremely important during the execution of all the abovementioned exercises. So make sure the player is comfortable and balanced when performing the exercises.*
- *Constant encouragement, and praise throughout the session, is extremely important.*

1.A Review Of The Step-Over From Session #2

2.0 Session #3 Activity.

As the players become more comfortable with the “ball feeling” exercises, we will try and introduce them to more movement-orientated exercises, utilizing the basic touches they have been working on, but adding a certain level of difficulty. It is important that they are challenged.

Basic Instructions For the Execution Of The Exercise

1. With sole of right foot on top of the ball, player shall roll the ball with the sole of the foot, from right to left. All weight is on the left foot as this is done
2. Right foot is planted firmly so as not to obstruct the movement of the ball, and now all weight is placed on the right foot.
3. Once the right foot is planted, the left foot is quickly brought around to stop the moving ball. The ball is stopped with the inside of the left foot.
4. Players shall proceed down the field repeating the sequence. After a set distance, for example 40 yards, players should return, starting with the sole of the left foot on top of the ball rolling the ball from left to right, etc.

As the players have more success, they should gradually increase the speed of this exercise.

Format For Session

1. Warm-Up/ Review Of Ball Feeling
2. Quick recap of Steptover.
3. Introduction Of Today's Topic – From a standing position.
 - a. Break up in to 2 parts, the roll over with the right foot, and the stop with the left foot.
 - b. Tie the 2 parts together.
 - c. Let them go on their own, with the instruction that they switch feet each time.
4. Line them up in 4 lines, and have them come out in 4s, moving down the field a distance of 40 yards, with coaches paying close attention to proper execution rather than speed. Reform lines and have them repeat with the other foot.

Scrimmage

Games shall be 3v3 on a 30x20 field. For the first game session of 4-5 minutes, remove the goals, and only award a score when a player performs a step-over. Games shall last 4-5 minutes with a third team ready to come in at that time.



Skills Session #3 – Saturday September 6, 2003 - Phase 2

This section of the clinic is geared toward the older age groups within the club.

Topic: Moves To Take On & Beat An Opponent

Two moves will be introduced to the players today.

Format For Session

1. Warm-Up/Review Of Last Weeks Topic

- a. In couples, players pass the ball back and forth executing last weeks move.
- b. Players dribble around box, cutting the ball with the inside of the foot, after 3 or 4 touches. Alternate feet each time.
- c. Jog around box, no ball, player jogs up to another player, make eye contact and when they are about 2 yds apart, they both heavily fake left by planting left foot out to the left, then push off this foot and go right. (It is important to get a feel for the distance at which the fake needs to be executed.)

2. Move #1

- a. Player establishes good balance behind ball.
- b. Left foot is thrust out to the left to fake movement in that direction. It is important that the upper body also moves in that direction.
- c. As left foot is planted, all weight now goes on to that foot, and the ball is moved in the opposite direction (to the right), with the outside of the right foot.

It is imperative that the first move is explosive and convincing.

Exercise 1.

In a 5 yd. X 5 yd. grid, players X1 and X2 perform the exercise with passive resistance from D1 and D2. D1 and D2 turn each time to face X1 and X2 alternatively. After 10 repetitions players switch roles. See figure 1.0 on next page.

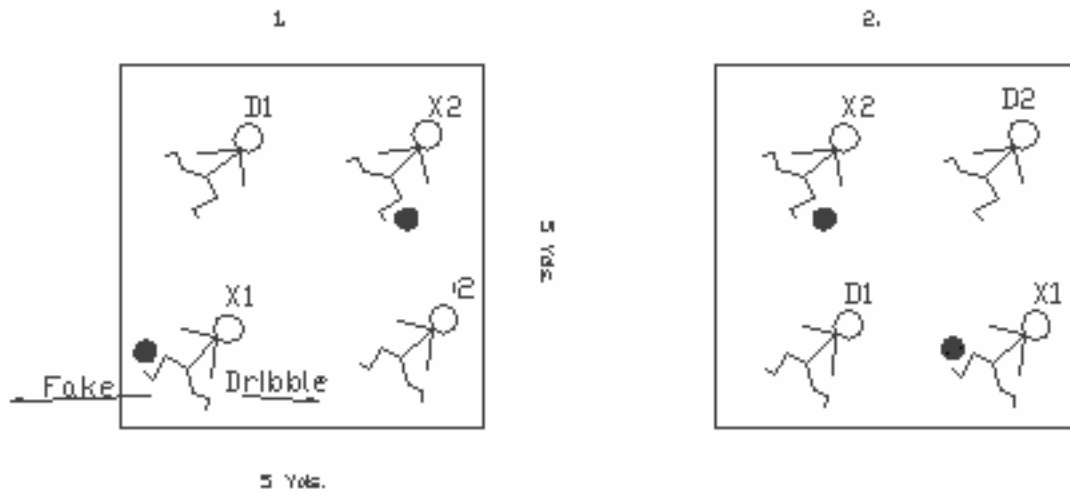


Figure 1.0

For example, player X4 at Station D, will face Station C, and fake in that direction, but shall carry the ball to Station A. Simultaneously, players X1, X2, and X3 will move in the same manner.

3. Move #2

- Player establishes good balance behind the ball.
- Player now fakes to cut the ball to his/her right with the shoelaces of the left foot.
- But instead, quickly plants left foot, and takes the ball to his/her right, with the inside of the right foot.

For success in this move the player's hips must swivel or pivot. When part **b.** above is done, the left hip should be thrust in the direction of the fake. Then when the left foot is planted the hips swivel back in the opposite direction as the ball is taken away, part **c.**

Exercise 2.

In a 5 yd. X 5 yd. grid, 4 players set up as shown execute the exercise simultaneously. Players will face the station they have just left, to begin the exercise. See figure 2.0 on next page.

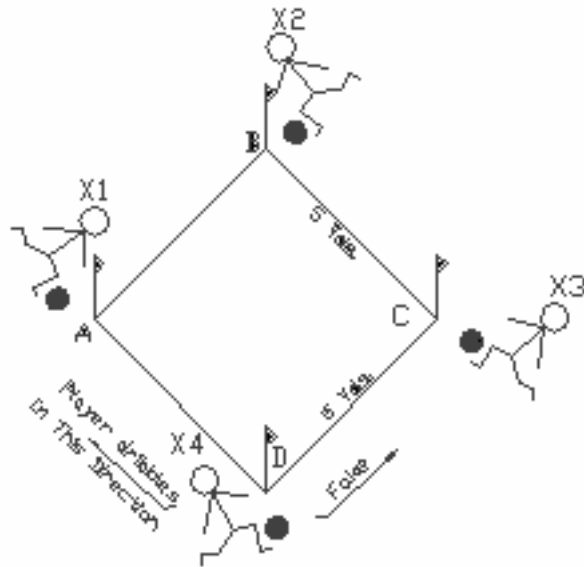


Figure 2.0

Scrimmage

Games shall be 3v3 on a 30x20 field. For the first game session of 4-5 minutes, remove the goals, and only award a score when a player performs a step-over. Games shall last 4-5 minutes with a third team ready to come in at that time.