



Skills Session #4 – Saturday September 13, 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 Session #3 – 5 to 10 Mins.**
- C. Instruction Of Today's 3 Exercises**
- D . Scrimmage – 3v3 (20-25 Minutes)**

A. 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 repetitions, 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.

PRACTISING THESE EXERCISES AT HOME IS THE KEY TO ANY SUCCESS.

B. Review Of The Step-Over, And Session #3 Activity

C. Session #4 - Fast Footwork

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.

1. Cutting ball across body.
 - a. Player touches ball between their feet with the inside of the foot, then after approx. 4 touches, player cuts ball to inside with the inside of the foot, thereby changing direction.
 - b. Player then repeats, and alternates the cutting foot.

2. Sole Of Foot Pull Back
 - a. Player touches ball between their feet with the inside of the foot, then after approx. 4 touches, player pulls ball back with the sole of the foot, and controls it with the inside of the same foot.
 - b. After the approx. 4 touches player repeats and alternates the pull back foot.
3. Roll Over - Tap Back
 - a. Player touches ball between their feet with the inside of the foot, then after approx. 4 touches, player places sole of the foot on top of the ball.
 - b. Player now rolls sole of foot over the ball to the outside, then taps ball back with the inside of the same foot.
 - c. After the approx. 4 touches player repeats and alternates the roll over foot.

All of these exercises involve touches and techniques introduced in the “Ball Feeling” section of the skills program. The object now is to execute them while moving, and with pace. As the players have more success, they should gradually increase the speed, and subsequently, the difficulty, of each exercise.

Format For Session

1. Warm-Up/ Review Of Ball Feeling
2. Quick recap of Stepover and Session #3 “Rollover & Stop Move”
3. Introduction To Today’s 3 Exercises
 - a. Demonstrate C1 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating feet each time.*
 - b. Demonstrate C2 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating feet each time*
 - c. Demonstrate C3 from above and have players perform on their own, no restrictions on space, *but make sure they are moving while executing the exercise, and alternating 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. Have players perform each exercise in this format at least twice, with coaches paying special attention to ensure each player understands what is being taught.

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 #4 – Saturday September 13, 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

Another Double Fake

Format For Session

- 1. Warm-Up/Recap Of Last Week & Introduction To This Weeks Exercise**
 - a. Jog around box, no ball, player jogs up to another player, make eye contact and when they are about 3 yds apart, they both heavily fake left by planting left foot out to the left, then push off this foot and go right.
 - b. As in a. above but now plant right foot and push off etc.
 - c. Players dribble ball around the box doing a stepover, followed by the move from last week where they explode left but go right. After this they stop ball dead, and move on to another ball elsewhere, quickly.

- 2. Game Related Conditions**
 - a. In couples, player **A** passes ball to player **B**, who is approx 10 yards away.
 - b. Player **B** now angles body to shield the ball from oncoming player **A**.
 - c. When Player **A** reaches Player **B**, **B** now performs a stepover ON THE PROTECTED SIDE of the ball.
 - d. This is then swiftly followed by explosive left-right move (right-left, depending on the side the defender is applying pressure)from last week.
 - e. Player **B** now takes the ball away with the outside of the foot.
 - f. When Player **B** is approx 10 yds away they perform a stepover and pass ball to Player **A**, and the sequence is repeated.

Defensive player is very passive, and merely introduces the proximity of a defender in this situation. As execution becomes more proficient the defensive pressure may be increased.

This “doublefake” is very effective against tight-marking defenders, but it is imperative that it takes place on the protected side of the ball.

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.