



Skills Session #8 – Saturday October 25, 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/Recap of ball feeling and “combination moves” from last week.**
- B. Introduction and instruction to this weeks moves.**
- C. Scrimmage**

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 SUCCESS.

B. Introduction To This Weeks Moves.

Session #7 – Combination Ball-Feeling Moves (Contd.)

The following exercises endeavor to combine some of the ball-feeling maneuvers the players have been learning over the past 6 weeks. *As the kids practice on their own, they can combine any moves they want. We encourage them to experiment with the ball and come up with combinations of their own.*

- a. **Players are instructed in the Rivelinho, ie, they bring their foot over the ball from outside to inside, then take the ball with the outside of the same foot in the opposite direction.**
- b. **Have players pull back with the sole of the foot, and push away with the inside of the same foot, then perform the Rivelinho.**
- c. **Have players perform the move whereby they place the sole of their foot on top of the ball and roll it to the outside , then tapping it back with the inside of the same foot, to the other foot, then perform the Rivelinho.**

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.

Format For Session

1. Warm-Up/ Review Of Ball Feeling
 - a. In 15 x 20 grid players dribble around. 5 Players have no ball, and try to get one before the coach calls time. *Players are encouraged to fend off would be ball-stealers using any of last week’s combination moves.* At that time the players with no ball move out of the grid and move to an adjacent area to practise juggling and/or last weeks combination moves.. The last player with a ball wins. Repeat as time permits.

Coaches: Major praise and encouragement to players endeavoring to perform any combinations, irregardless of the success level.

2. Introduction To Today’s 3 Exercises
 - a. Demonstrate the 3 moves from above to the players and have them practice on their own. When they are comfortable with them move to next step.
 - b. In a 15X20 grid, have players dribble around independently. Coaches then run in to the area and confront player. Player’s only escape is to perform one of the moves they have been instructed in above.

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 any combination move.



Skills Session #8– Saturday October 25, 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

1. The nutmeg!

If ever there was simple move to beat an opponent, there probably isn't an easier to learn, or more effective move than the classic nutmeg. One of the principles of a good defensive posture is the defensive player having good balance as he addresses the attacking player. This usually involves the defensive player widening the space between their legs. A simple nutmeg exploits this beautifully. Also, a player that is nutmegged early in a game is not so much concerned about being beaten by an opponent as they are about being megged again. Therefore the nutmeg sets up all a players other moves to beat an opponent.

Format For Session

1. Warm-Up/Recap Of Last Week & Introduction To This Weeks Exercise

- a. Players warm up in a 15 x 20 yd. area performing last weeks 2 moves.
- b. As in the earlier session the coaches confront players, making them perform one of last weeks moves before they can escape.

2. Exercise Instruction

A. Circle Exercise

- a. All players make a big circle, with ½ the players inside the circle each with a ball.
- b. They pass to player outside, and follow pass. Player outside now dribbles ball to oncoming player, who assumes a defensive posture, and is subsequently nutmegged. *The meg is best performed with the inside of the foot.*

B. Passing Exercise

- a. Players face each other in lines of 4. The lead player passes to the lead player in the other group who lets the ball thru his/her legs, to the player behind who now passes ball to the next player in the opposite line, who in

turn lets the ball thru their legs, etc. Players switch lines each time. See diagram below, fig.1.

X4__X3__X2__X1_____5-8yds_____Y1__Y2__Y3__Y4

Fig. 1

1. X1 passes to Y1, who lets the ball thru their legs, the ball now rolls on to Y2.
2. Y2 now passes to X2, who lets ball thru his/her legs, the ball now rolls to X3.
3. X3 now passes to Y3, who lets ball thru his/her legs, the ball now rolls to Y4.

This exercise helps focus the players on what is going on, and helps with gauging the distance at which the meg can be successfully executed.

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 endeavors with any success to execute this weeks move.

Games shall last 4-5 minutes with a third team ready to come in at that time depending on the #s.