

HVFC Rec Soccer
CoEd – Focus: Review
Week 9

(Set-Up: 20x20 grid / 4 yard triangles (1 triangle per 3 players))

Ball Mastery (10 Mins)

- a. Set up 20x20 grid, half of the players on one endline, other half on other. All with ball.
- b. Players touch the ball between their feet, back and forth, under control, no body movement forward or back.
- c. Still continuing movement, on coaches command, players move forward 5 yards with ball, touches back and forth the whole time
- d. Still with touches, players move back to start on command
- e. Still with touches, players turn their body a ¼ turn on coach command until they've completed a circle.
- f. Reverse direction.
- g. Touches again. On coach command, they tap the top of the ball 5 times with the soles of their feet, alternating feet, then right back to touches
- h. Stretch
- i. All players on one side will now work across to other side using the following:
 - Inside/Outside, right foot only (every time they take a step they also take a touch – not a race)
 - Once they get to the other side, the next group goes
 - Other foot
 - Inside/Inside/Outside, right foot only
 - Other foot
 - Inside/Outside/Outside, right foot only
 - Other foot
 - Inside/Inside/Outside/Outside, right foot only
 - Other foot

First Touch Triangles (15 Mins)

- a. Set up 4 yd triangles, one for every three players. 3 players per triangle
- b. X is Worker, Y's are Servers
- c. Y1 plays ball on ground with feet to X. X returns using 2 touches and pivots to Y2.
- d. Y2 repeats same as Y1. X returns ball and pivots. Rotate after 1 minute.
- e. Ball is now in Server's hands. Server uses underhand toss for serve and X returns using the following:
 - Inside of foot volley to server hands. Both sides. 1 minute.
 - Headers
 - Thigh trap and volley back
 - Chest trap and volley back

BREAK (5 Mins)

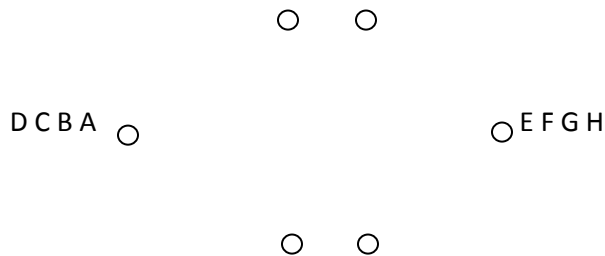
(Set-Up: One 6x15 alley per 4 players / 15x15 grid & gates as below)

Changes of Direction Alleys (15 mins)

- a. Set up a series of 5x15 lanes
- b. 2 players on each end, 1 ball
- c. Player X pushes ball out towards end of grid, once players catches up to it, execute the following:
 - Inside of foot turn (players turns ball with inside of foot back towards start), then pushes it again to where they started and executes another inside turn, then passes it to opposite end for the next player to do the same (2 turns and then a pass, player follows ball to other line)
 - Outside of foot turn
 - Pullback (use sole of foot to pull ball back behind you, turn and go)
 - Cryuff turn (players uses inside of foot to push ball back between legs)

1v1 to 2 Gates (10 Mins)

-A plays ball to E. E tries to dribble thru one of the two gates as A defends (refer to them as goals). If A gets ball, A does the same. DO NOT take easy option, beat your defender as many times as possible. Encourage use of CHANGES OF DIRECTION.

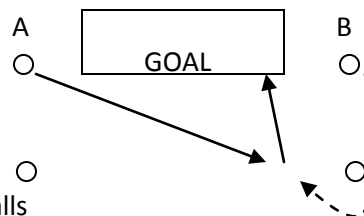


BREAK (5 Mins)

(Set-Up: 4 cones as below / Field)

Shooting – Around and Finish (10 Mins)

- Lines at A & B
- B runs around cone, A passes, B shoots
- Repeat other side
- Left only, right only, laces only, bouncing balls



Game (20 Mins)