

UK International Soccer Camps Online Curriculum

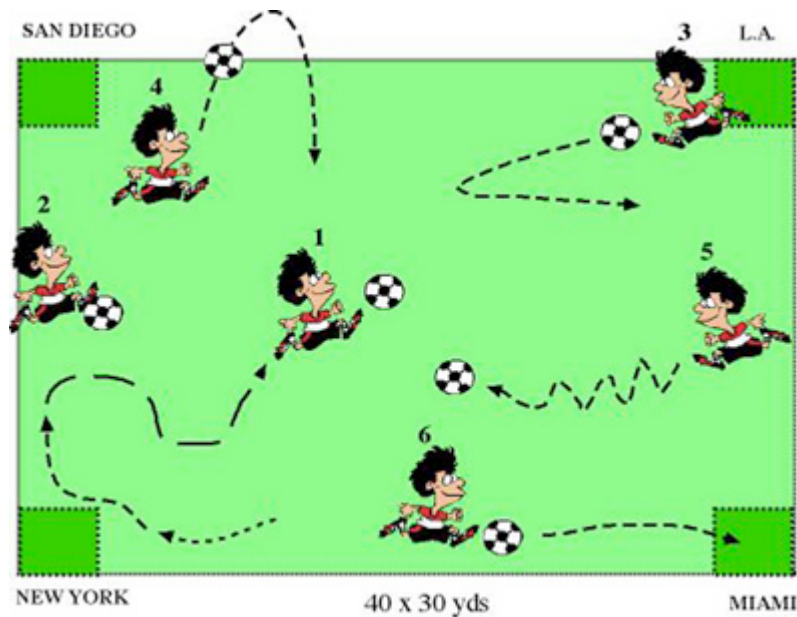
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Session Detail

WARM UP: Driving a Soccer Car



Exercise Objective

Basic ball control and dribbling.

Set out 40x30 playing area. 4 mini grids 5 x 5 yards in each of the four corners.

All players have a ball and dribble around the main grid. The ball is their car and the area is the freeway. Coach shouts commands that correspond to an action:

Organisation

City Name – Dribble Ball To That City As Quickly As Possible.

Turn A Corner– Change Direction.

Police – Slow Down.

Traffic – Stop.

Empty freeway – Speed Up.

Open Sunroof - Throw Ball In Air And Control.

Progression

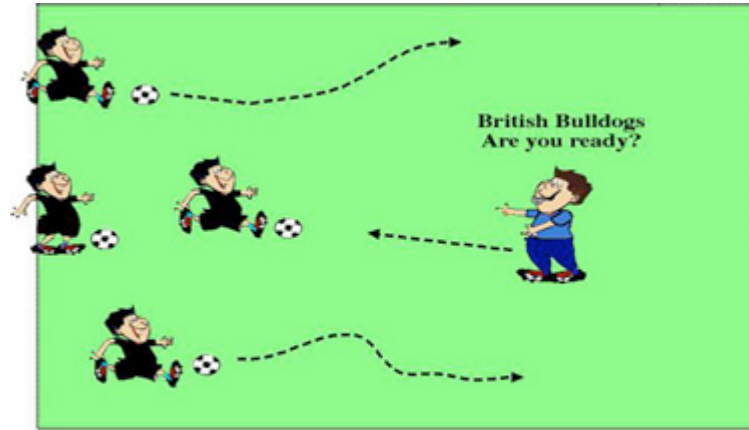
Insert time restrictions on the session.

Coach can act as a “runaway truck”

Let the game be the teacher
 Encourage the players to keep the ball close to them and change directions quickly
 Keep head up as often as possible
 Encourage players to use both feet and different parts of their feet
 Practice practice practice

Coaching Points

**TECHNIQUE
 WITH
 PASSIVE
 PRESSURE:
 British
 Bulldogs**



40 x 30 yds

Exercise Dribbling and running with the ball.
Objective
Organisation Set out an 40 x 30 yard area.

Players should spread out on the 30-yard line facing the coach in the center with a ball each. The players are 'British Bulldogs'. The coach is the 'dogcatcher'. The coach calls out 'British Bulldogs Charge'. Upon this instruction the bulldogs must attempt to dribble from one end of the grid to the other avoiding the coach who will attempt to kick their ball out. If a player's ball goes out of the grid they become a 'dogcatcher' with the coach. When there are more catchers than dogs, ask the catchers to link arms with a partner to allow the dogs more dribbling space.

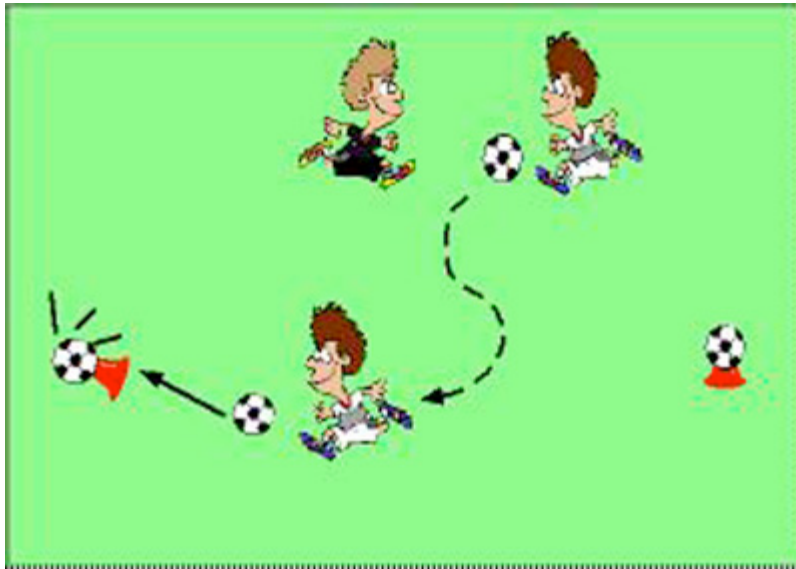
Progression

Close control and ball familiarity - Keep the soccer ball close to you

Coaching Points

Head up as often as possible - Know where the defenders are and where the goals are
 Avoid and beat defenders with quick turns or skills
 Keep body in between defender and ball to protect it
 Encourage players to try specific turns and skills for themselves (drag-back or scissors)

TECHNIQUE WITH FULL PRESSURE:
Star Wars
Knock-off



Exercise Dribbling skills 1v1

Objective

Organisation Set up an area 35 x 15 yards.

At the end of the grid put a ball on a cone, and one 35 yards away at the other end. The defender passes the ball into the attacker. The attacker tries to knock the ball off the cone he is attacking. If the defender wins the ball back the players swap roles. To gain success or raise the challenge the practices can go to 2v1 dependent on your objectives.

Progression

Dribbling fundamentals: Head-up to see where the defender is, close ball control

Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.

Coaching Points

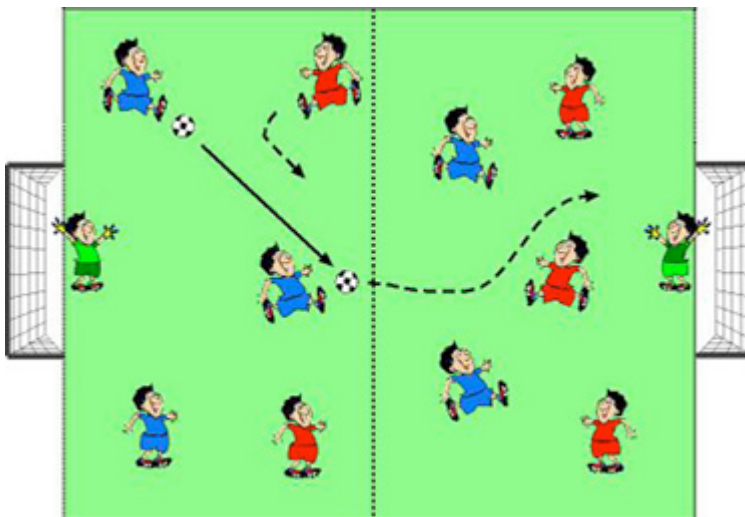
Run at the defender to commit them and then change direction with a skill or turn

Positive attitude to beat the defenders with a move

Make the most of any space and team mates you may have

Protect the ball from defender either during the move or after you have beaten them

SMALL SIDED GAME:
No Pass Back



Exercise Attacking play in a small sided game

Objective

Organisation Set up a 60x40 playing area.

Play a normal game with the field divided into two halves. Players must only pass the ball forwards from their defensive half. Progress by not allowing backwards or sideways passing in the attacking half to force players to use dribbling skills to create a forward passing opportunity.

Progression

Create space as a team by spreading out

Coaching Points

Shift the ball across the field and expose opportunities to dribble 1v1
Attitude and confidence of players to beat defenders on the dribble
Commit the defender, change direction with a move and then accelerate past them
Positive: Run at the defenders diagonally to open up space.

"The Best Possible Soccer Experience"

