

PLAYER SHOWCASE 1v1 / 4v4 (15 minutes)

In a field 20 by 15 yards with goals. Players are placed into two teams and numbered. (i.e. 1 to 6)

Players start in opposite corners of the field to allow direction of attack to be decided by the coach. Coach determines which goal each team has to score in.

- ◆ To beat a player shoot in opposite goal
- ◆ To turn and score shoot in goal behind (drag back turn etc)
- ◆ Can score in any goal (decision making)

Younger Players Alternative to 1v1's is to have ALL soccer balls in the middle. Players sprint out, get a ball and score in designated goal. This way all get to experience shooting. Can add first player to score gets the goal. This will encourage players to play quickly (encourage not to rush, but to play quickly, encourage speed and correct technique).

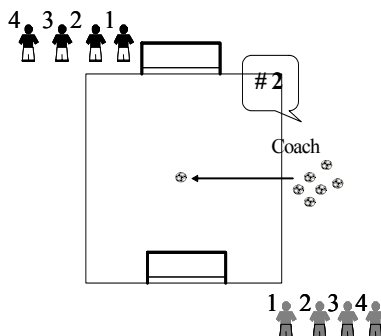
All soccer balls in the middle play to goal

- Drag back and then shoot (drag back push, drag back L shape)
- 5 step ups or side to sides (boxing) on ball and then shoot
- Step over and then shoot
- I/s cut or o/s hook
- Flick it up and volley (advanced players)

1v1's (2v2's max)

Coach stands with all the balls to one side and plays a ball into the middle (make it fair. For better/older players coach can favor/predetermine attacking/defending player).

- ◆ 1v1 to a line, to an end zone, to goal
- ◆ Call one set of numbers and feed ball, almost immediately call another set of numbers. This way you can have TWO 1v1's going on at once (players need to be aware of their surroundings)
- ◆ Call two numbers "1 and 5", they play together 2v2 (max)
- Dribble through one of two gates (4 goal soccer).



EVALUATION PROCESS

This is a vital, but so often a neglected part of coaching. It involves such questions as:

- What went well and why?
- What did not go so well and why?
- What was achieved; and
- What is needed in the future

The answers to these questions form the foundation of your planning for your next coaching session with each group. The evaluation process is a valuable resource as to feedback on your own coaching delivery techniques.