

## Coaching Outline

Name: JRS      7/6/2009      Topic: Foot Skills Olympics (Moves, Chip, Bent Ball, Hamm-it, Driven)

Area: Soccer Complex      Objectives: Evaluate primary foot skills in competitive environment

**Organization and Equipment:**

Outfield Players: [ X ]      Goalkeepers: [ X ]      Balls: [ X ]

Other Equipment Cones, Stakes

**Warm Up:**

Standard Captain Led Initial Warm-up (5min)

Megan Carr's Shooting Drill (10min)

**Coaching Points**

Full and correct run-through of all exercises

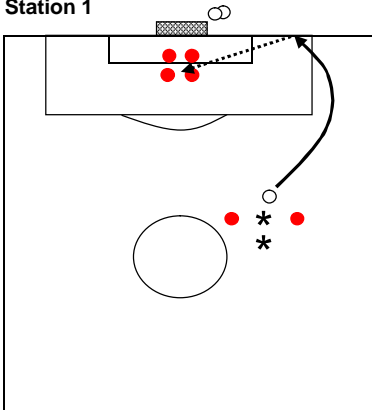
Correct shooting technique (toe-knee-chin / land on shooting foot)

Proper ball pace

Pass to feet/space

Use of bent runs?

**Station 1**



**Hammit**

**Organization and Coaching Points**

Place extra balls at rear of net to be collected as player moves on

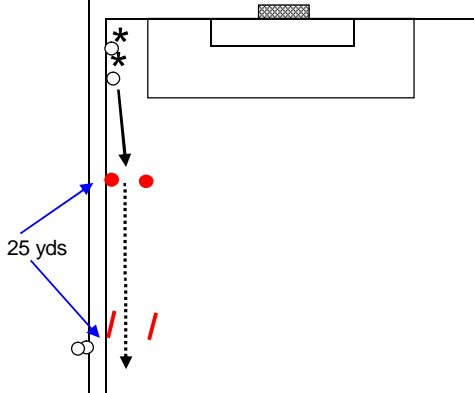
Player dribbles in a bending route from outside the 18 to the end/goal line then passes/chops ball back to center of 8 yard line in front of goal

1 point scored for ball passing through square marked-off with cones

Player then collects replacement ball from behind goal and advances to next station

Player is responsible for keeping own score

**Station 2**



**Driven Long Ball Accuracy**

**Organization and Coaching Points**

Player dribbles minimum of 5 yards to "launching zone" marked by cones

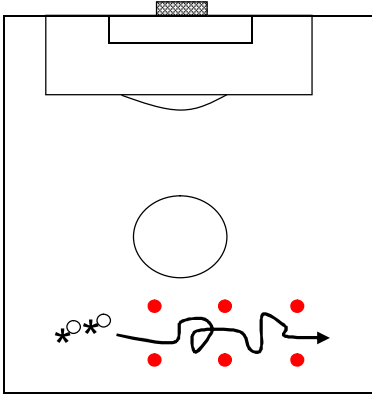
Player launches a driven ball from launching zone through "end zone" marked by stakes

End Zone Stakes are placed 10 yards apart (receiver would be able to adjust 5 yards either direction to smoothly receive)

One point scored for delivering ball between stakes ( 2 points if it rolls through)

Player runs around outside of shooting area, collects ball and advances

**Station 3**



**Moves Call-out**

**Organization and Coaching Points**

Player dribbles ball from one end to opposite end of area marked by cones

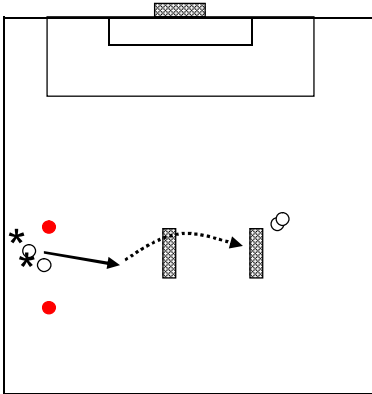
Player may demonstrate up to 3 moves

One point for each move demonstrated

One additional point for accurately calling out the name of the move demonstrated

Player keeps own ball and advances

**Station 4**



**Chipping**

**Organization and Coaching Points**

Player dribbles ball from starting zone marked by cones

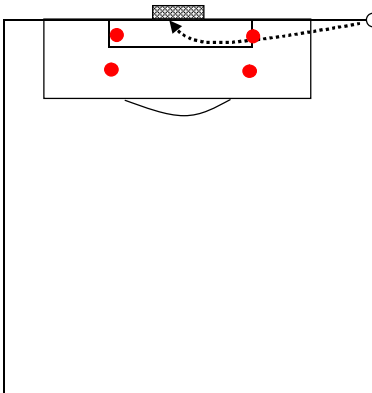
Player chips ball over first goal and into second goal

One point for successful chip over first goal (landing between 1st and 2nd goal)

One additional point for ball finishing in second goal

Player collects replacement ball from ones stored behind target goal and advances

**Station 5**



**Bending and Corner Balls (advance to station #1 for repeat - 4 reps)**

**Organization and Coaching Points**

Ball is placed in corner arc (alternate sides on round 2 and 4)

Player shoots corner just after calling out whether her target is bending ball into goal or "scoring area"

One point is scored for ball finishing in target area

Two points for ball bending into goal

(only if called in advance- i.e. must be purposeful)

Player collects ball from extras behind goal and advances to station #1 for repeat