***Session: Penetrating Moves***

***Objective: Developing lateral movement with control and speed***

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| ***Warm Up:10 Minutes***  ***1.Never the same direction twice:2 min***  ***2.tap out tap in both feet 2 min***  ***3.1/2 with ball ½ with out Beat a stationary defender 5 min*** | ***Coaching points***  ***1.Increasing comfort of directional (lateral change movement AND speed. Look for explosive movement after the move***  ***2.quick rapid CLOSE touches***  ***All parts of both feet utilized(sole, inside, outside, laces)*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  ***2. add multiple movement to increase creativity and dexterity*** |
| ***Education: 15Minutes***  ***6 possessive moves***  ***1.Feignt***  ***2.Chop***  ***3.tap in tap out***  ***4.V move***  ***5.Scissors***  ***6.stop and go*** | ***Coaching points***  ***1.3 cones in a line 7 yards apart. Players facing each other at end cones with 1 cone in middle. 1 ball player dribbles to cone, executes moves at middle cone goes past cone and passes to player in opposite line***  ***1.focus on 3 moves per session***  ***2.focus on proper execution of movement*** | ***Progression***  ***1.Racing competition count # of times players execute move*** |
| ***Reinforcement Games 15 Minutes***  ***1.Multiple goals-shadow defense beat the defender***  ***2.serpentine (can build in shooting)***  ***3.two lateral goal game***  ***4. Mirror game without ball then with ball*** | ***Coaching points***  ***1.Utilizing moves in game situation***  ***2. adjust pressure based on proficiency***  ***3. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Games 15 Minutes***  ***1.Play soccer game two goals at each end*** | ***Coaching points***  ***1.Utilizing moves in game situation***  ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels***  ***2. Build in stipulations like rotating the field*** |
| ***Warm down/Discussion 5 min***  ***1.Review session stressing no more than 3 points*** | ***Coaching points***  ***1.attempt to get as much feedback from as many kids as possible*** | ***Progression:***  ***1.As maturity exists ask players their perception of 3 most important points*** |