***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***  |