



Winter: Drop In

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## INTRODUCTION

### 24-7 Winter Drop In Sessions

24-7 is offering a 10 week Winter Drop In course. The aim of these sessions is to give players of all ages and abilities a chance to improve their skills in the off season. Sessions will be focused primarily on individual skills and footwork, and basic attacking and defending concepts. Sessions should be fun, engaging, high paced, and educational. Please see below for a syllabus for the 10 weeks.

- Sharks and Minnows (Dribbling)
- Robin Hood (Turning)
- Cops and Robbers (Dribbling/Passing)
- Wembley Way (Shooting)
- World Cup (Tournament Week)
- 1 v 1s (Feints and Disguises)
- Inverse 1 v 1s (turning)
- Gates (Passing)
- Shooting Circuit (Shooting)
- World Cup (Tournament Week)

## Theme/Objectives:

- Dribbling Gates
- To understand why we use all four parts of the foot when we dribble.
- Why we need to change direction and speed when dribbling.

## Organisation/Explanation:

### Organisation of Exercise:

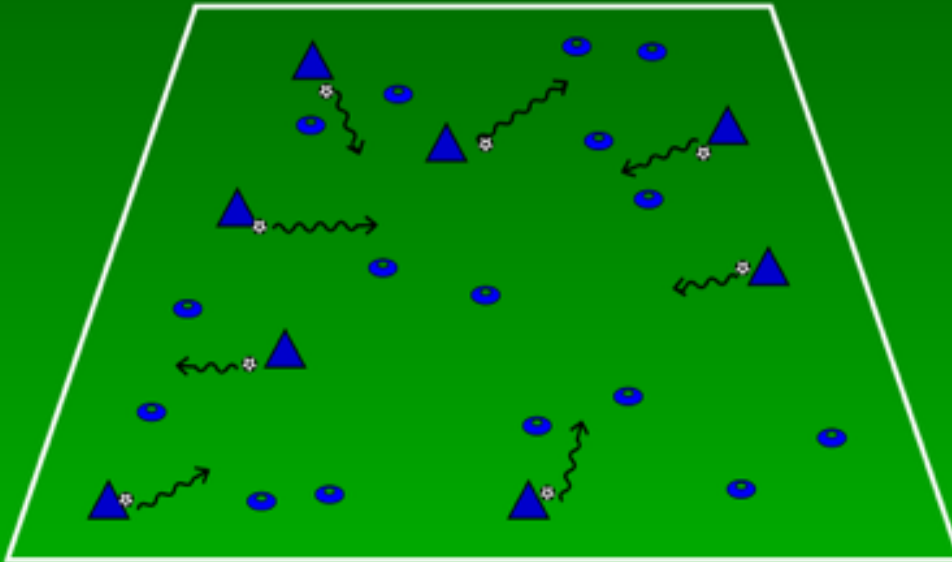
- 20x20 area with 8-10 gates in the middle. Depending upon the number of players you can add more or less gates.
- Every player with a ball, you can start with ball manipulation, understanding the four parts of the foot; sole, inside, outside and laces.
- 1 point for each gate which is dribbled through

### Challenges:

- How many gates can you get through within a minute?
- Can you Fake and then burst through a gate?
- Can you change direction and then find a gate?

### Variations:

- Have different coloured gates (Blue, Yellow & Red) and give players patterns to dribble through i.e. Blue, then yellow, then red.
- Tell players they get 1 point per blue and yellow but lose a point if they go through the red gate.



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## Coaching Points/Progressions:

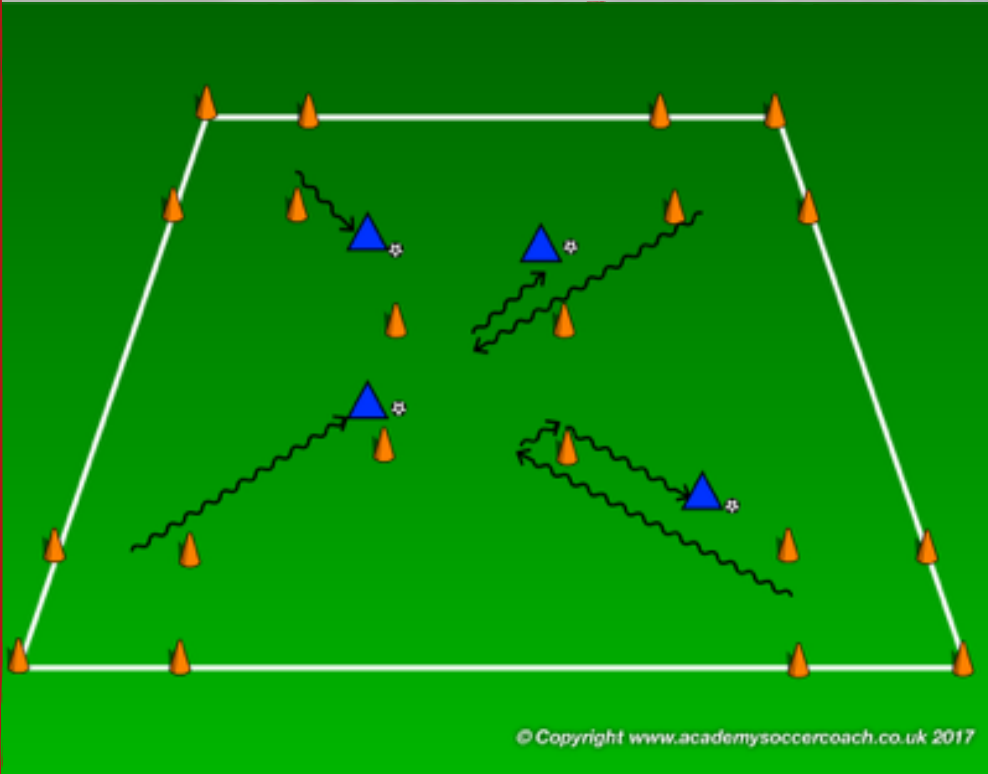
- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Add 2/3 defenders to stand in the gates, this will force the players to change direction and find another.

## Notes:

- Warm up Ideas ;
- Ball manipulation
  - Fun dribbling game, stuck in the mud or dribble tag.

Theme/Objectives:

- Using turns to change direction off the dribble and to attack space after the turn



Organisation/Explanation:

- 20x20 Grid
- 5x5 grid in the middle of square
- 3x3 grids in each corner

Turns:

- Inside hook
- Outside hook
- Cruyff turn
- Pull back

Stage 1 - players must drive into the middle square 'the mainland' and perform a turn (as instructed by coach) before leaving middle square and returning to 'castle'. Only one player leaves the 'castle' at any one time.

Stage 2 - All soccer balls are placed in the middle square 'the vault'. One at a time, a player from each 'castle' will raid the vault and must perform a turn to bring ball back to 'castle'.

Stage 3 - Balls start in 'castle'. Each team must raid their neighboring castles and steal balls by performing a turn. Teams cannot guard balls. Only one player can leave at any one time.

Coaching Points/Progressions:

- Basic turn instruction
- Head up
- Drive into space
- Close control

Notes:

- Warm up - Work on a variety of moves; Single Scissors, Double Scissors, Matthews, Inside/Outside, Ronaldo Chop

### Theme/Objectives:

- Cops & Robbers
- Break down basic passing of the ball/understanding what is a successful pass.

### Organisation/Explanation:

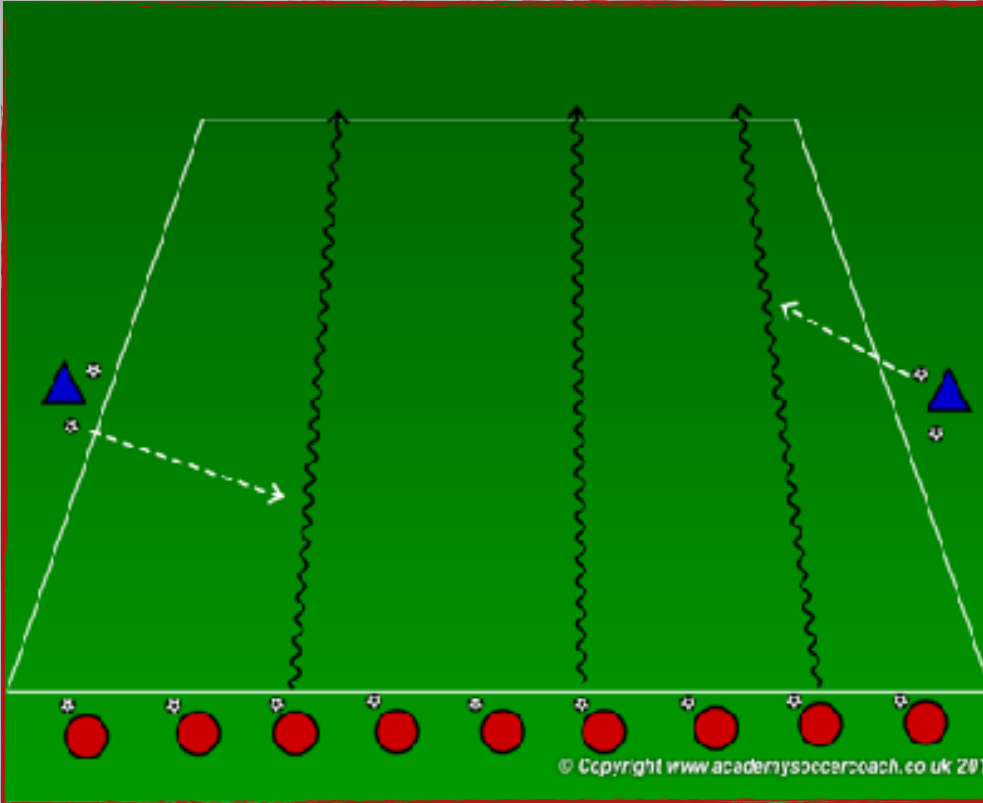
- -20x15 area with 'cops' on the sides and robbers at the far end.
- All robbers need a ball and attempt to dribble to the opposite end of the grid.
- Cops attempt to pass their ball and hit a robbers ball to turn them in to a cop.
- Once robbers get to the opposite end, cops reset all their balls 'ammo' and then coaches signals when play restarts.
- The last robber standing is the winner.

### Challenges:

- Pass only with your non-dominant foot.

### Variations:

- Cops are also allowed to hit the robbers below the knee if only hitting the ball is too hard.
- Vary the size of the grid to make it easier/harder for cops.



### Coaching Points/Progressions:

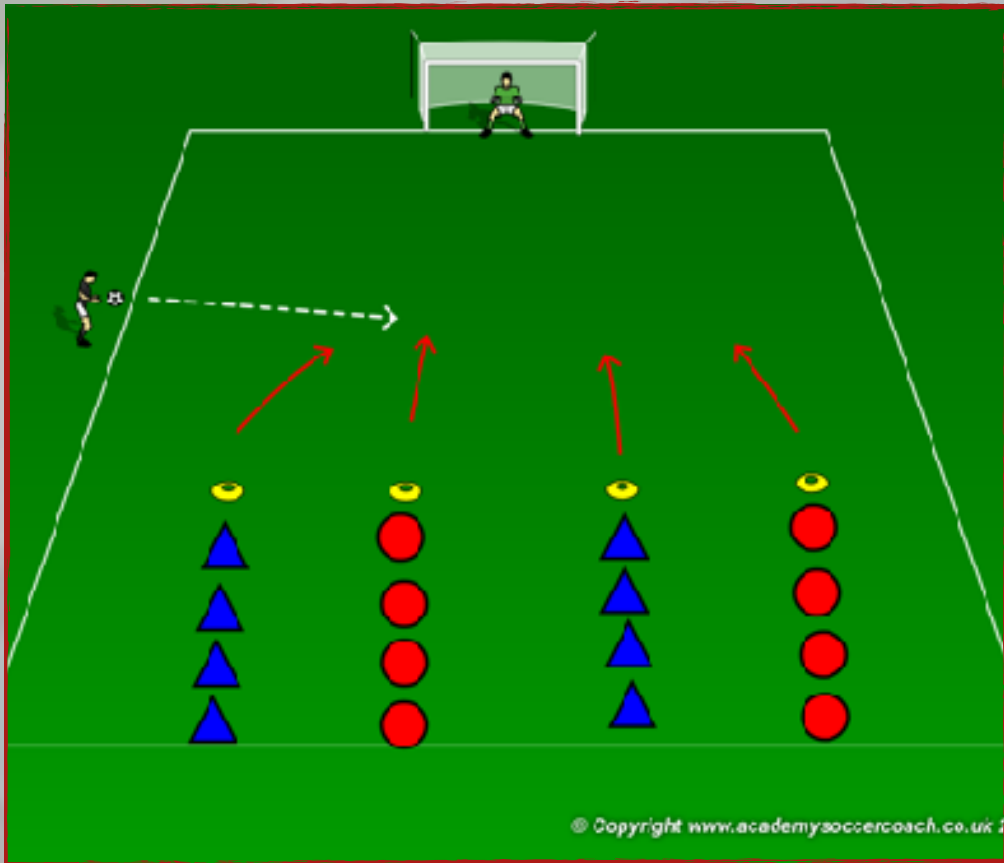
- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.

### Notes:

- Warm up ideas; ball manipulation in twos (After a certain amount of touches, pass the ball)

### Theme/Objectives:

- To develop 1 v 1 ability in the final third.
- To develop 1 v 1 finishing ability against the goal keeper.



### Organisation/Explanation:

- 30 x 25 area with a goal. Amend depending on the area that you have.
- Players are put into four groups and given a number (e.g if there are four kids in a group number them 1-4)
- Each group will sit down behind a cone 25 yards from goal (Amend where necessary)
- The coach calls out a number and each player with that number must attempt to get to the ball first when the coach plays the ball in and score a goal.
- The players that do not get to the ball become the defenders.

### Variations:

- Change the number of groups so that there are less players competing against each other.
- With less participants only use two groups so the exercise becomes a 1v1.
- Change the entry point for the participants.

### Progressions:

- Add SAQ equipment that the participants must move through before they enter the field.

### Coaching Points:

- First touch
- Type of finish
- Laces (power)
- Finesse (inside of the foot)
- Non kicking foot positioning
- Balance and composure

### Coaching Points/Progressions:

- Keep ball close and under control.
- Check shoulder before turning.
- Can we be creative and unpredictable when turning?
- Low centre of gravity when turning.
- Exaggeration of the turn.
- Progressions: 2v2 or 2v1. Players have a time limit within the square to score.

### Notes:

- Warm up ideas - Various turns; Inside hook, Outside hook, Cruyff turn, Drag/Pull back, Stop turn. Stopover turn, L-turn.

Theme/Objectives:

- Small-sided games (World Cup)
- Add conditions to ensure drop in learning objectives are applied

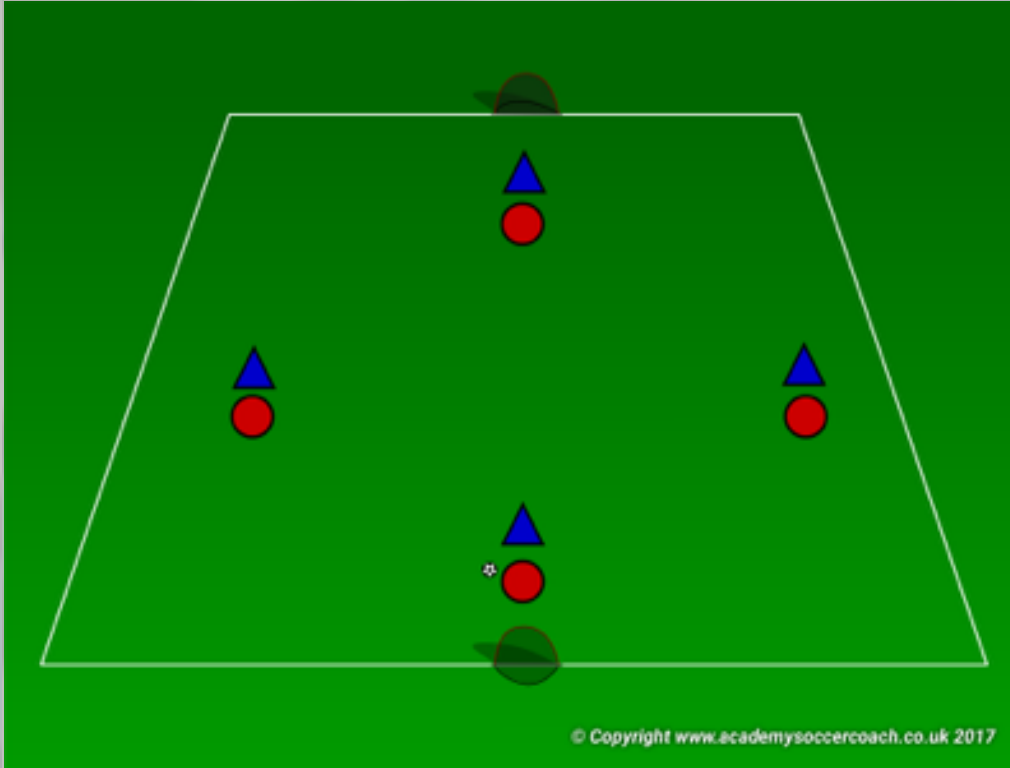
Organisation/Explanation:

- 20x25 yard field
- 2 goals
- 4v4/5v5
- No GK's
- 2 x 10min halves
  - 1 minute water break

Organize teams into different color pennies with team names (countries) prior to start.

Have balls ready to roll in and keep the games flowing.

Offer additional bonus points for conditions that have been set. We want to encourage some of the skills that have been acquired across the Winter Drop In.



Coaching Points/Progressions:

- Add conditions
- What we would like to see:
  - Attacking space
  - Close control
  - 1v1 attacking ( 'use a skill to beat a player' )
  - Awareness of defensive responsibilities (transition)

Notes:

- Warm up - Work on a variety of moves; Single Scissors, Double Scissors, Matthews, Inside/Outside, Ronaldo Chop



## Theme/Objectives:

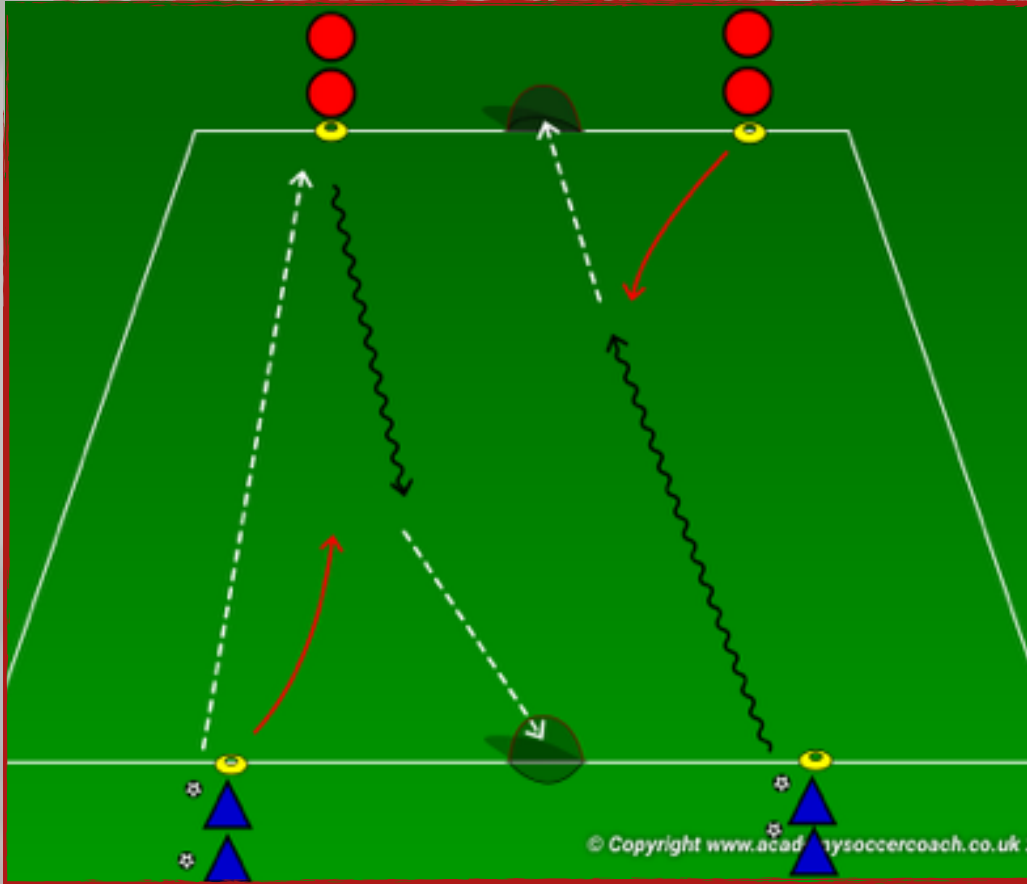
- 1v1s. Understanding where to beat the defender in a 1v1 situation in front of goal.

## Organisation/Explanation:

- Create a 15x15 area with two 1v1s going on at the same time towards the same goals for interference.
- Option 1 (left) Have player pass to opponent and then look to defend them. Play is directional.
- Option 2 (Right) Have players dribble out if they cannot yet pass it across and play is then live. Play is directional.
- Either have players alternate between being the attacker and defender by swapping lines after every go or swap attackers and defenders every 3/4/5 minutes.
- Can players do a move to get round the defender?
- Can we look to unbalance the defender and separate yourself from them to score?

## Variations:

- Points system for scoring after a certain move.
- Extra points for scoring with their non-dominant foot.



## Coaching Points/Progressions:

- Slow in & Accelerate out.
- Exaggeration.
- Unbalance the defender.
- Low centre of gravity.
- Attitude to beat the defender.
- Progression - Time limit within to score to increase speed and intensity.

## Notes:

- Warm up - Work on a variety of moves; Single Scissors, Double Scissors, Matthews, Inside/Outside, Ronaldo Chop

## Theme/Objectives:

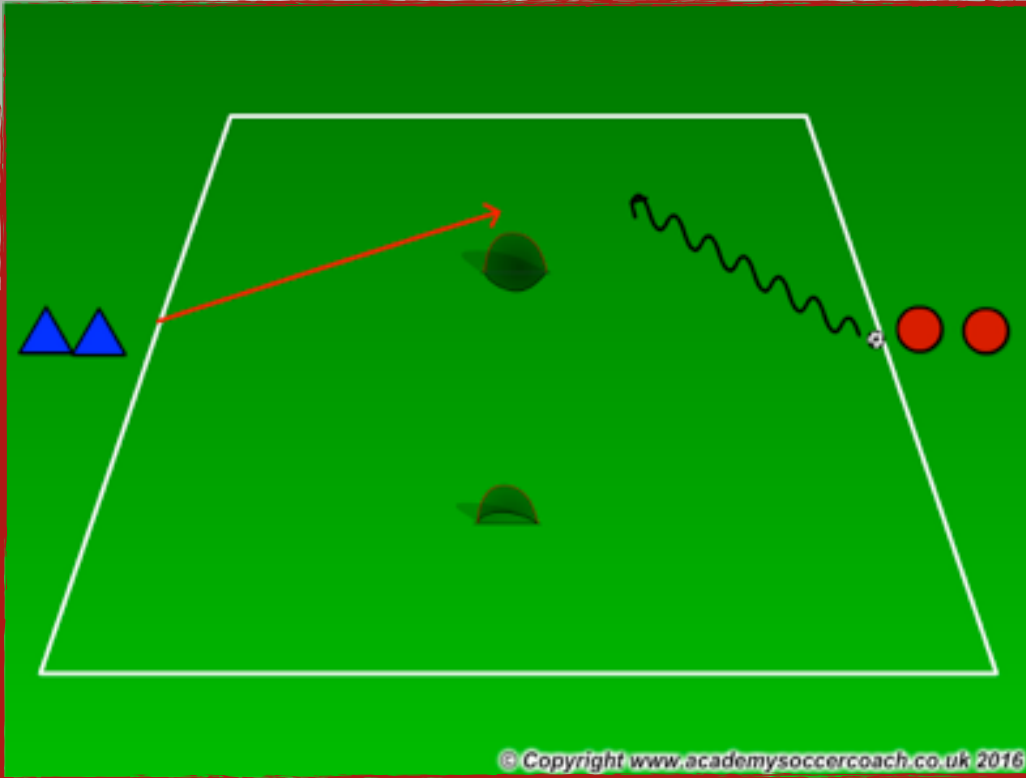
- Goals faced outwards.
- Understand when and where to turn into space to score.
- Why we turn and use various turns to maintain possession.

## Organisation/Explanation:

- 30x30 square, with two goals back to back
- Players on the middle of the side, split in half, one set are defenders others have the ball and are attackers.
- Players attempt to dribble and turn in front of goal to score, defender attempts to stop them and counter them.
- Can we use various turns to turn make space and score?
- Vary how players receive the ball, either dribble in or pass to the opposition.

## Variations:

- Change positions of the goals (Move them closer together or have one at each end of the grid facing each other) - Players can still score in either one.



## Coaching Points/Progressions:

- Keep ball close and under control.
- Check shoulder before turning.
- Can we be creative and unpredictable when turning?
- Low centre of gravity when turning.
- Exaggeration of the turn.
- Progressions: 2v2 or 2v1. Players have a time limit within the square to score.

## Notes:

- Warm up ideas - Various turns; Inside hook, Outside hook, Cruyff turn, Drag/Pull back, Stop turn. Stopover turn, L-turn.

### Theme/Objectives:

- Passing Gates.
- Break down basic passing of the ball/understanding what is a successful pass.

### Organisation/Explanation:

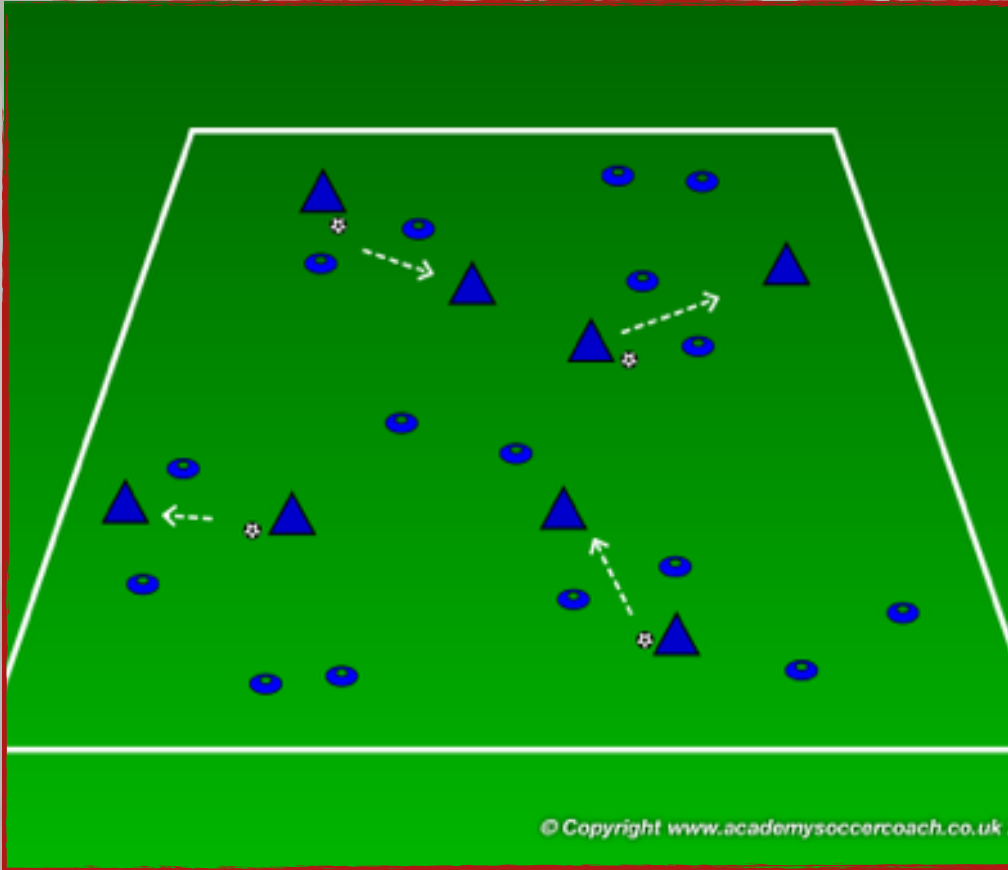
- 20x20 area with 8-10 gates around the area.
- Players are partnered up with one ball between two.
- Players aim to pass through the gates cleanly without touching a cone.
- Depending on ages, vary the length of the pass and the weight of the pass.

### Challenges:

- How many passes can you get in a minute?
- First 2 to 15 successful passes.
- Pass only with your non-dominant foot.

### Variations:

- Have different coloured gates (Blue, Yellow & Red) and give players patterns to pass through i.e. Blue, then yellow, then red.
- Tell players they get 1 point per blue and yellow but lose a point if they pass through the red gate.
- Vary the size of the gates to make some passes easier and some passes harder.



### Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Progressions: Add 2/3 defenders in to stand between the gates, then progress to let the defenders win the ball.

### Notes:

- Warm up ideas; ball manipulation in twos (After a certain amount of touches, pass the ball)

Theme/Objectives:

- Circuit Shooting
- Understand correct shooting technique.

Organisation/Explanation:

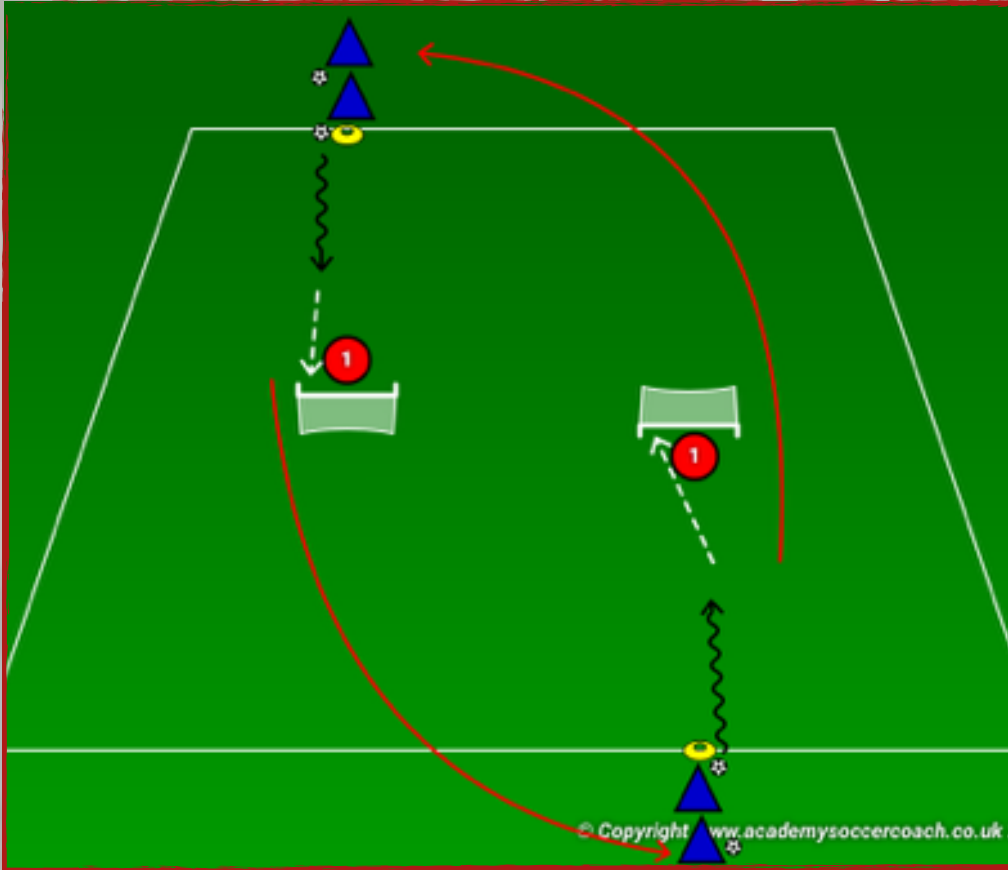
-30x30 area with 2 goals facing opposite directions 10/15 yards apart from each other.

- Attackers look to dribble and score past the goalkeeper. Players then get their ball and join the next line to shoot against a different goal keeping.

- Have the attacker become the goalkeeper straight away or rotate goalkeepers after a specific amount of time (2 to 3 minutes)

Variations:

- Players have a 3 touch maximum (Have to get a shot off within 3 touches)
- Players have to take 1 touch out of their feet and then shoot.
- Players have to shoot with their non-dominant foot.



Coaching Points/Progressions:

- Plant your foot next to the ball in the direction you want to shoot.
- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Progressions: Have to do a move before you shoot.

Notes:

- Warm up ideas: Focus on basic technique of shooting in pairs shooting towards each other on the floor.

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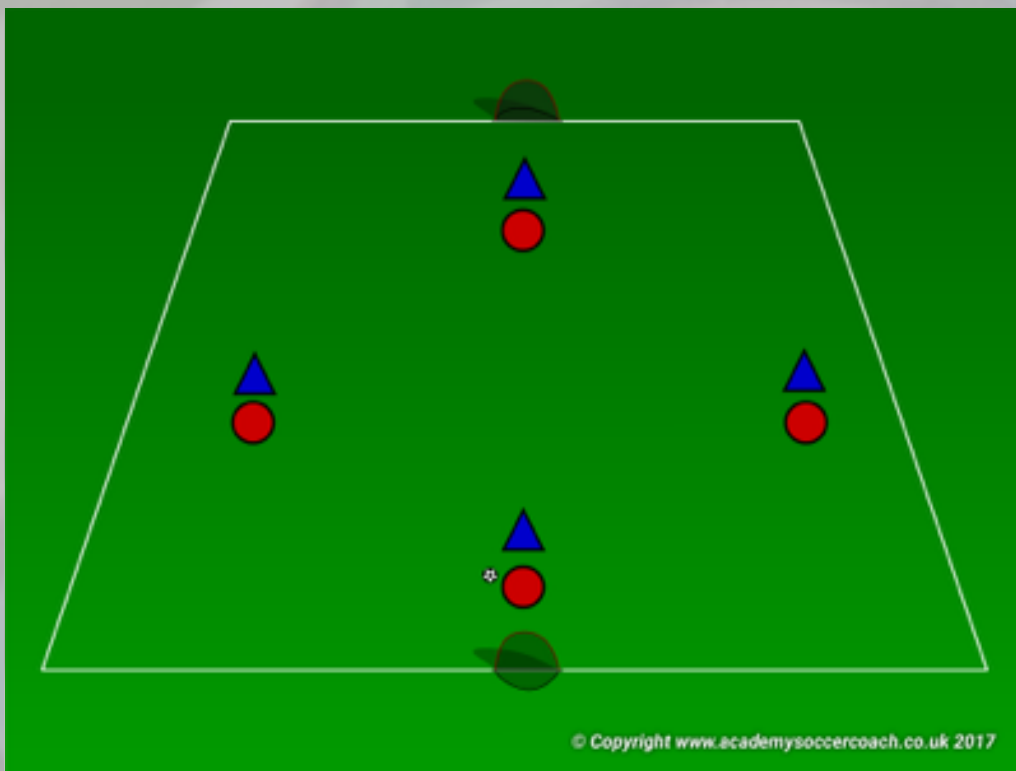
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