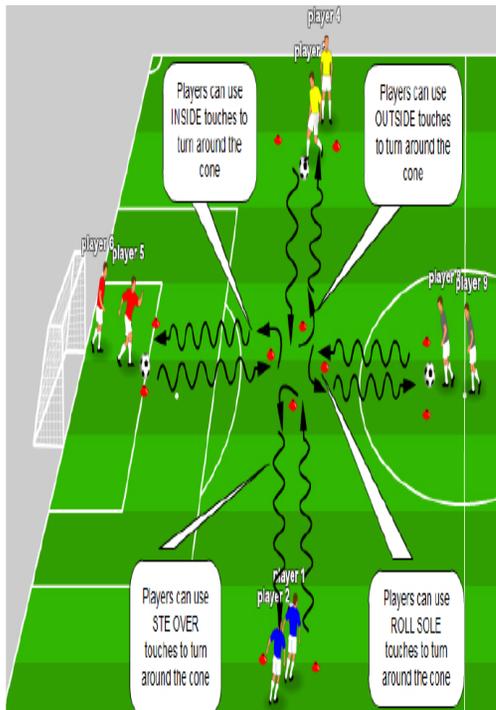


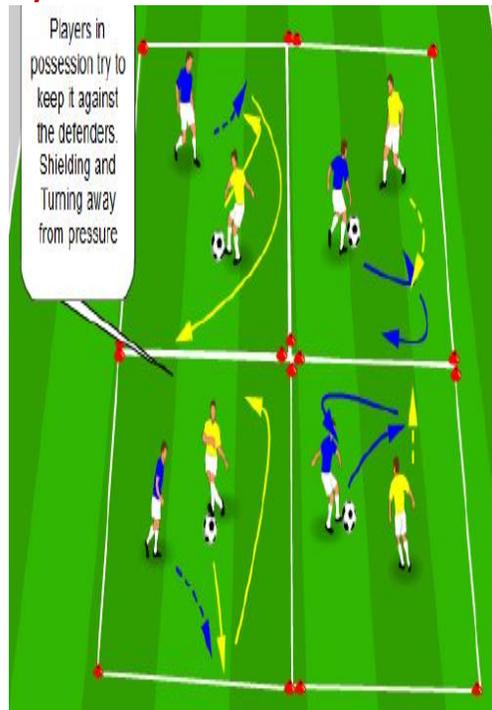
SCUFC U08/U10 Pool Training Curricula Week 1 (Aug 19-23)

Weekly Training Topics: Individual Technique (Dribbling and changing directions with the ball. Stopping and the Ball)
Technical/Tactical Concepts Covered: The Ball is my Friend. Keep it close to your feet and away from the opposition

- Key Points to Emphasize:**
- Keeping the Ball close to our feet to be able to change directions
 - Using our bodies as a shield to keep distance and thus protect the ball from defenders
 - Eyes on the Horizon and over our shoulders to be aware of the defenders and the open space around us



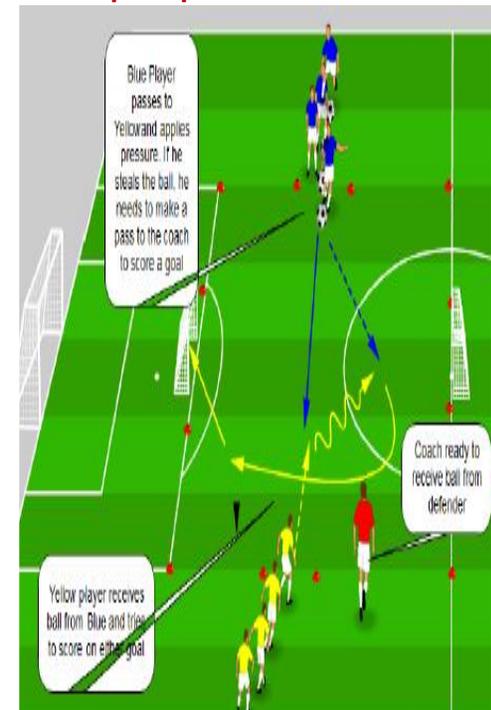
Technical/Shooting Activity = Dribbling to reinforce turning and changing directions. Players line up at the 4 channels and dribble towards the center. Once there, they can turn and get back to the end of the line or change lines (the coach should instruct them on what specific turn to use every time). As Variations, you can play races by colors to see which team comes back faster, or you can add goals at the end and instruct players to finish with a shot on goal



Warm Up Exercise = Create multiple squares of about 10-12y (depending on the level of your players' level). The idea is for 2 players to try to keep possession against each other by using the body as a shield, change directions, and dribbling acceleration. As Variations, award a point every time a player is able to hold the ball for 5 seconds, then you can award a point every time a player holds the ball for 5 seconds and touches a cone with the ball



Technical Functional Drill = 1v1 game for ball protection, looking over the shoulder, and turning away from the defender (grid of 20x25 y). Team divided into 2 colors and lined up by the goal. Coach kicks the ball and first 2 players race to it to get and turn in order to score. If the defender gets the ball, he/she tries to dribble outside the grid for a point. As variation, add a goal at the top and instruct the defender to score there when he/she takes the ball from the attacker



Small Sided Game = 1v1 drill with 2 goals on the sides (players have 2 options to score). In the example, Blue player passes the ball on the ground to the first Yellow player and applies immediate pressure, attempting to stop him/her from scoring (field of about 16x24 yards). As Variation, you can play with channels instead of the little goals to challenge players to dribble through instead of shooting, which increases the difficulty of the exercise