



Description

Striker and GK Clinic: 12/15/2015

Warmup

Dutch Box

Technical Training

Organization:

Grid appropriate to number of players. Half the players start inside the box with a ball and half the players spread themselves along the perimeter of the grid.

How to Play:

Dribbling Variation and Passing Variation

Dribbling - players dribble freely inside the box while performing different attacking moves or turns. After performing move, they dribble to a player on the outside and those player switch roles.

Passing - players on the inside find an open player on the outside for a pass, Progression can be different passing combinations. After the pass, players switch roles.

Coaching Points:

Dribble with head up and ball close to feet

Focus on first touch and quality passes



Passing Combination

Triangle Passing Combo

Organization:

Minimum 6 players per group

Player A - blue cone

Player B - red cone

Player C - orange cone

How to Play:

Player A passes to Player B

Player A checks to B and receives a pass back.

Player A turns towards Player C as they receive the ball.

Player A passes to C and C plays it back to A quickly while B does an overlapping run for the final pass.

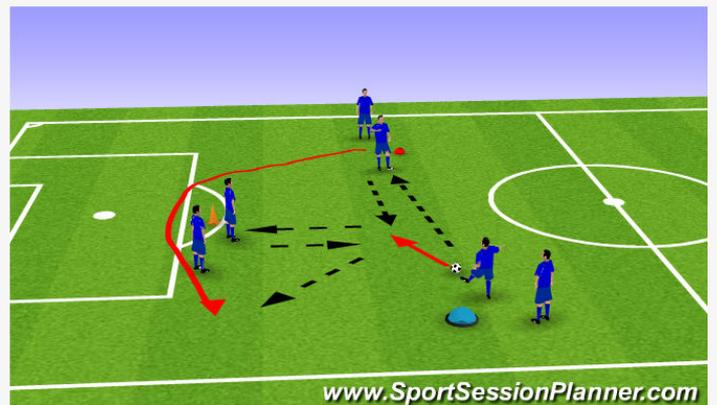
Player B must time their run properly so they can receive the ball in stride.

Coaching Points:

Accurate passes

Play the ball to the correct foot

Player B - time your run properly



Final Game

Final Game to Goal

1) Triangle Passing Combination - Overlapping player taking shot on goal

2) 1v1 / 2v1

Coaching Points:

Defender - Close down quickly. Force attacker to the outside.

Attacker - First touch towards goal. Perform move to beat defender.

