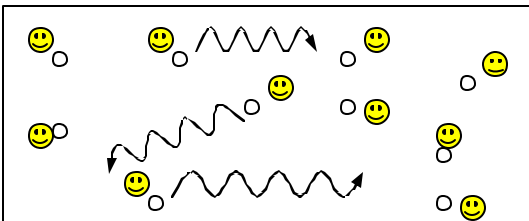
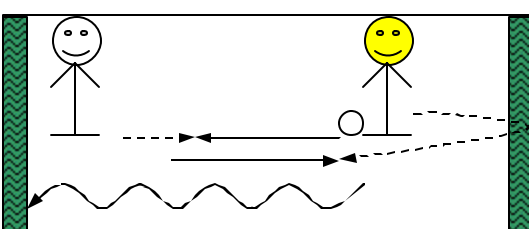
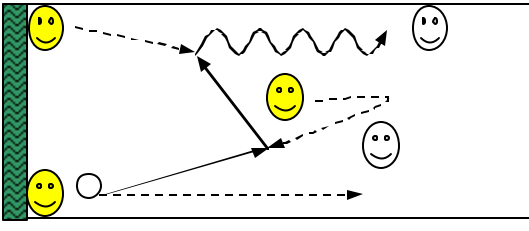
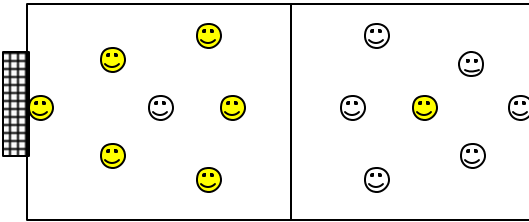



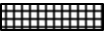


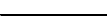
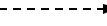




AMHERST SOCCER ASSOCIATION

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Nine Lives Each player has a ball and start with 9 lives dribbling around the area. Players can gain extra lives by working hard, they also lose lives by making mistakes Add extra activities for the players to perform Insist on the game being played at a high pace</p> <p>Stretch</p>	<ul style="list-style-type: none"> ? Dribble looking forward, not at the ball ? Use all parts of both feet ? Keep the soccer ball at a comfortable distance away from yourself ? Accelerate into space ? Attempt Turns and Moves
<p>MATCH RELATED ACTIVITY</p> 	<p>Push-Pull Players pair up, with a ball between two. Players pass the ball between them. After every pass you move back and when receiving a pass you come forward to meet the ball. Players keep this passing procedure going until on the attacking player’s discretion they will dribble at the defender attempting to go past them and get into the end zone. Progress to dribbling on either player’s discretion.</p>	<ul style="list-style-type: none"> ? First Touch out of feet ? Positive Attitude when facing the defender ? Fake & Disguise ? Accelerate into the space to the side and behind the defender
<p>MATCH RELATED ACTIVITY</p> 	<p>3v2 Start with 3 attacking players versus 2 defenders. Set the players up as shown in the diagram. The ball gets played into the central player, who should have checked away and back to receive the pass. The central player then lays the ball off for their team mate to dribble up against the defender in a 1v1 situation. Change the pattern of runs. Progression: Add a 3rd defender</p>	<ul style="list-style-type: none"> ? Player Checking away with velocity ? Communication ? Runs to receive the lay off ? First Touch out of feet ? Positive Attitude when facing the defender ? Fake & Disguise ? Accelerate into the space to the side and behind the defender
<p>MATCH CONDITION ACTIVITY</p> 	<p>Scrimmage When scrimmaging with team remember to remain with the theme. Still working on dribbling keep one player deep who must stay in the attacking half. The remainder of the team plays with regular rules. The team should aim to play the ball in to the deep player whom lays it off for players to move on to and dribble into space. Goals are scored by either shooting past the GK or a successful dribble.</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none">  = Attacking Players  = Defensive Players  = Dribble  = Goal  = Ball  = End Zones  = Pass  = Movement with out the Ball
<p>COOL DOWN</p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	



To contact Adrian Parrish, ASA Director of Coaching you can either:
Call on 716-803-2507 (c) or e-mail questions to coach@amherstsoccer.com

