



# Coaches Training Guide to Sports Camp

## Equipment Needed:

- Something to use as cones or targets such as water bottles, plate, frisbees, or shoes.
- Tape, chalk, or sting

## Soccer

- Skill 1 – Controlling the Ball
  - Place your foot on top of the ball to stop it from moving
- Skill 2 – Toe Taps
  - Gently tap your left toes on top of the ball then return the foot to starting position. Then complete with your right foot
  - Alternating left toes then right toes - 12 times each toe
- Skill 3 – Dribbling
  - Using 3 to 4 cones – Dribble in and out of the cones
    - Dribble using the inside of your foot – through the course 2 times
    - Dribble using the outside of your foot – through the course 2 times
- Skill 4 – Step Overs – Used for direction change
  - Dribble, place one foot over the ball
  - That foot stops the ball
  - Turn your body in the direction you just came from
  - Return to dribbling
  - Drill – travel forward by dribbling 5 times then perform a step over and return to where you started.
    - Practice this drill 5 times
- Skill 5 – Passing
  - Control the ball
  - Turn your kicking foot out
  - Use the inside of your foot to pass to your partner or to a wall
  - Drill – Dribble 5 or 6 times, control the ball, then pass to your partner or wall
    - Practice this drill 5 times
- Skill 6 – Throw Ins
  - Using tape, place a line on the ground to use as a throw in line.
  - Plant your feet,
  - With two hand throw the ball into the play area

## Soccer Continued

- Remember your feet must remain behind the line until the ball is in the air
- Drill
  - Set cones at different distances between 5 and 10 feet away from the throw in line.
  - Have the athlete throw the ball towards the cones
  - The ball should land right before the cone
    - Practice this drill - 5 times for each cone
- Skill 7 – Foot work
  - Shuffle Step
    - Step to the left and bring your right foot to your left foot and repeat
    - Step to the right and bring your left foot to your right foot and repeat
      - Practice this skill – 5 steps to the right then five steps to the left.
        - Practice the above sequence 5 times
- Skill 8 – Shooting
  - Foot Placement – Plant the non-kicking foot next to the ball
  - Bend at the knee bring the heel of your foot towards you butt
  - Extend your leg forward connecting with the ball
  - Drill 1– Direct kick - Start by in a standing position –
    - Place the ball on a starting line directly in front of the goal
    - Set 2 cones up as a goal – 10 feet from the kicking line and 5 feet between the cones
    - Practice 10 times
  - Drill 2 – Direct Kick with movement - Take three steps and kick
    - Place the ball on the starting line directly in front of the goal, back up three steps
      - If you kick with your left foot start with your right foot – right, left, plant right, kick left
      - If you kick with your right foot start with your left foot – left, right plant your left foot, kick with your right foot
    - Set 2 cones up as a goal – 10 feet from the kicking line and 5 feet between the cones
    - Practice each side 10 times
  - Drill 3 – Angle Kicks - Shooting towards the goal on an angle
    - Place the ball on the starting line, directly in front of the goal
    - This time when you kick, turn your body slightly aiming for the cone.
    - The goal is to hit the inside of the cone
    - This drill can be done standing or with movement
    - Perform 10 kicks on the left cone and 10 on the right side
- Skills demonstration by Tamba Mbriwa