

WASA Age Group Training # 1

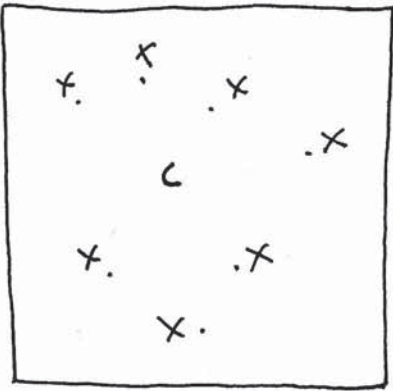
Age Group: ~~U13-U14~~
U13-U14

Topic: Individual Skills - Core moves

Date:

Skills I

Coach:

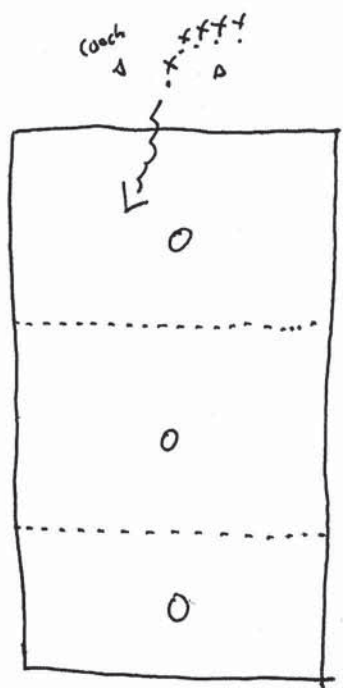


Teach/Demo:

1. rolling the ball
 - forward /sideway /backward
2. outside of foot circle
 - scissors
3. Inside of foot circle
 - step over
4. inside - inside
5. Maradona
6. Cruyff
7. stop - n - go
8. combination moves

Gauntlet

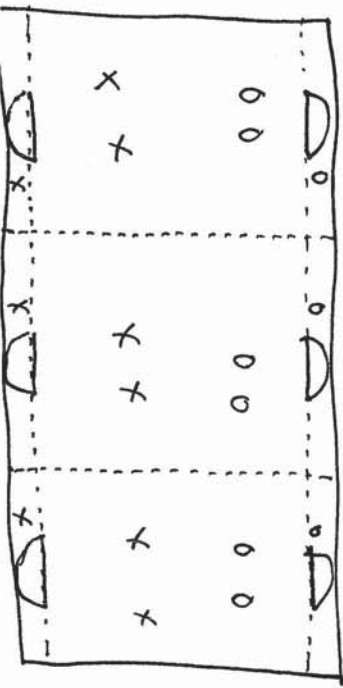
Coach:



1. Player tries to dribble thru all 3 areas w/out losing their ball (1pt earned)
2. IF you lose your ball - return to start (0pts)
3. Next player can enter 1st area when there is no ball in 1st area
4. change defenders often
5. Have players keep score
 - record scores?

2v2 Ladder

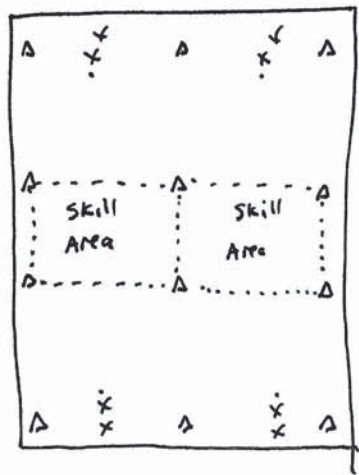
Coach:



1. Teams of 3/4 players
2. Play 2v2 no keeper to sm. pog goals
3. Play 3/4 min. games w/ winners moving right and losers moving left

Skills II

Coach:



1. Players begin from both sides at same time
2. Players practice core skill moves inside 'skill Area'
3. Player gives ball to next person
4. Add a defender in the 'Skill Area' to try to take ball away from attackers.
5. Change defenders often