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YOUTH LICENSE COACHING CLINIC

I. Four Pillars of Coaching (Technique, Tactics, Fitness, Psychology)

II. Dribbling

1. Dribble In A Grid

A. Control/Speed

- Outside of the Foot for Speed Dribbling
- Changing Gears (speeding up, slowing down)
- Every step's a touch (keeping it close)

B. Dribble Turns

- Outside Chop
- Right Sole, Turn Left (righties)
- Inside of Foot
- Toe Pull (righties turn to left in front of body)
- Cruyff

C. Moves

- Circles (inside or outside of foot)
 - Feints (Lunges)
 - In-Out (touch it in, hop in, keep foot in air, touch it out)
 - L Behind (90 degrees behind back)
 - Scissors
 - On, Back, In (pull, pivot, push)
 - Step Over
 - Drag & Push (drag sideways w right, touch forward w left)
- 3-in-a-Line w One Ball (outside dribbles at middle, beats him, passes to end)
 - 3-in-a-Line w Two Balls (balls on the outsides, pass to middle, press)
 - Bull in a Pen (3 dribblers, 1 mock defender)
 - Clockwise/Counterwise Grid (2 dribblers, 1 mock defender)
 - 3-Man Zig-Zag in a Grid (3 players, 1 ball, all in a diagonal line)
 - Double Side Pressure (5 players minimum)
 - 4 Gates (1 vs 1, real defending, dribble thru the gates)
 - 1 vs. 1 (real competition)

III. Passing & Receiving

- 3-in-a-Line (1 ball; up, back, thru)
7. Up, Back, Thru (Diamond)
- Square: Pass to the Right Corner, Follow Your Pass
- Square: Pass to the Right Corner, Run to the Left
- Grid: Inside-Out (half inside, half outside)
- Grid: One Ball: Dribble towards center cone, pass to line on right, run across
- Rectangle: Laces Drive (longer balls)

IV. Keep-Away (Possession)

- 3 vs 1 (10 yard grid, 1 ball)
- Timed-Possession (How long can they keep 8 balls it away from the other half?)
- Inside-Out Keep-Away (2 yellows vs 2 blues inside, 2 yellows & 2 blues outside)

V. Scrimmage Games

- Stop It On The Line
3. Targetman
5. End Zone Game
7. Backcourt
2. Knock The Cones Over
4. Four Goal Game
6. Small Goals
8. Six Goals