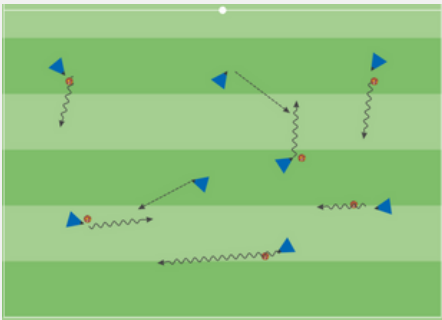


S T E P C U R R I C U L U M

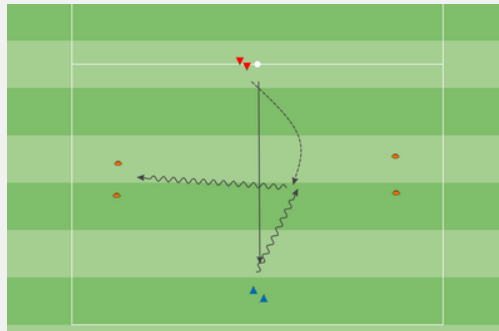
W E E K 2

Open Dribbling - Bandit



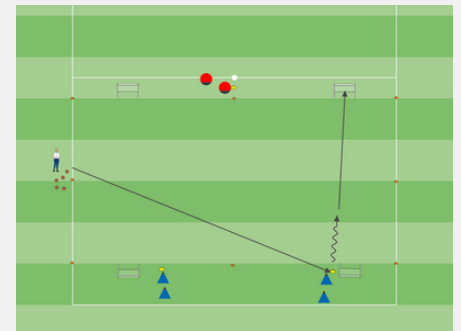
- Open space within one half of field
- All players with a ball to start
 - If doing well, remove 2-3 balls and have them steal
 - If ball is stolen, they become the bandits and have to steal someone else's ball
- Scanning
 - Where is the space? Where is the opponent?
 - Introduce turns here
 - Bottom, cuts, cruyff

1v1 to Sides



- Half field (4v4) - area appropriate for age and ability
- Play ball across - score in either goal
- Defender can defend as soon as ball is played
- May be better for coach to play
- Score by DRIBBLING through either goal - can make goals bigger
- Explore turns
 - If defender is ahead of us, turn and go to other goal.
 - If behind, cut off and go to goal
- Where is defender? Is there space?

2v1



- Half field (4v4), two goals a few yards in from the end/half line
- COACH plays ball in
- Defender comes on when ball is on
- Score by passing into goal
- Can you score?
- Explore passing - inside of foot
- Hard passes - If you miss, it is OK
- Scan - is there an opening to score?
- Yes - Score
- No - Dribble to create one for you or your teammate - pass?

Week 2 - STEP Guide

Activation-Open Dribble (15 minutes) - 1v1 (15 minutes) - 2v1 (15 minutes) - Play (15 minutes):

Standards

- Dribbling
 - Scanning, Space, Where are defenders, Where are teammates
 - Big touches vs small touches - There is a place for big touches (Don't see it enough at older ages)
- Pass
 - Inside of both feet, heel down and toe up - demonstrate this
- Introduce
 - 2v1 (when to dribble vs when to pass) - During 2v1
 - Introduce turns - bottom, inside/outside cuts, cruyff turn

Focuses

- Rules, focus, concentration, routines
- Grouping players appropriately
- Have the ball - dribble forward, pass forward
- Don't have the ball - Get it! Steal it!