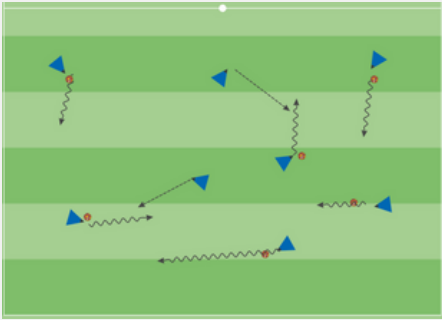


S T E P C U R R I C U L U M

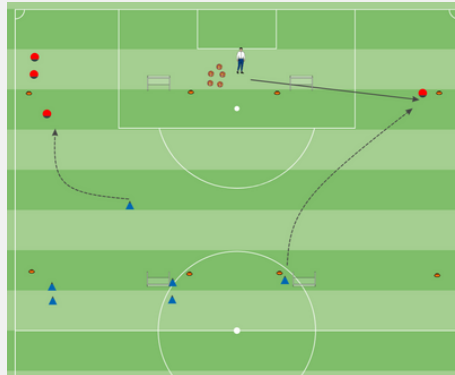
W E E K 3

Open Dribbling - Bandit



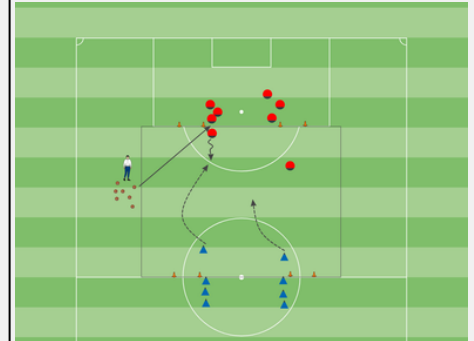
- Open space within one half of field
- All players with a ball to start
 - If doing well, remove 2-3 balls and have them steal
 - If ball is stolen, they become the bandits and have to steal someone else's ball
- Scanning
 - Where is the space? Where is the opponent? How can I force them away from space?

1v1



- Half field - area appropriate for age and ability - split in half again
- 1v1 - Score (3 points for passing in goal, 1 point for dribbling across)
- Defender can defend as soon as ball is played
 - Coach plays ball s
- When do we defend?
- Where do we force them? 1 point side
- Where should we defend - high up or wait?
- Body shape - riding a surfboard

2v2



- Area as shown - 2v2
- COACH plays ball in
- Defender comes on when ball is on
- Score by passing into goal
 - Can you score?
- Focus on first defender first. If we can get this, 2nd defender isn't coachable.
- Who is pressuring? Why? Where are we forcing?
- Where is other defender? Why?

Week 3 - STEP Guide

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

Standards

- Dribbling - First activity... continue to introduce individual attacking concepts, moves, etc.
 - 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)
- Defending
 - 1v1 defending, pressure hard, pressure as soon as the ball is played or as it is moving, what are the cues to win? (big touch, bad pass, head down)
 - Where are we forcing? Why?
 - Surfboard concept - body shape, side on, balanced, able to move quickly

Focuses

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