

**PASC iSoccer Coach Clinic:  
March 5, 2011**

**SAMPLE iSoccer session plan: Focus = Dribbling, Ball control/comfort**

**Warm - Up: (10 Minutes)**

1. Random Dribbling (confined space = penalty box. Center circle, 20'x20' grid etc)
  - A. Foundations, then dribble.
  - B. Toe Taps, then dribble inside/outside of foot.
  - C. Reverse touches, then dribble to player or coach and do and "L" Pull
  - D. Dribble randomly, then stretch with movement

**Coach points:** focus on players getting heart rate up and ready to play.

**Session plan: Dribbling (25 – 30 Minutes)**

1. Dribbling – Assessment skill – Change of Pace - preferred and non preferred foot
  - A. Consistently touch the ball with the outside of the foot – Every step
  - B. Quick small touches (2 cones 8ft apart – figure 8 path
  - C. Good body position, balance
2. Dribbling – Assessment skill - Change of Direction –
  - A. 2 cones 8ft apart, back and forth (pull back, chop to change direction).
3. Dribbling – Chop behind – Two touches
  - A. (2) cones 6 ft apart
  - B. Player will push ball with outside of foot between cones, with same foot tuck ball behind other foot and push ball (small touches) to other cone (back and forth).
4. Dribbling – Inside Chop – Two touches
  - A. (2) cones 6 ft apart.
  - B. Small touches with outside of foot, with same foot chop the ball to change direction.
  - C. Plant foot, pivot and chop ball.
5. Dribbling – L Pull – Two touches.
  - A. This is a variation of the chop behind. L pull ball back then tuck ball away.
  - B. Pull back then accelerate away in opposite direction. (change of direction and speed).

**Coach points:** Focus on quick touches while maintaining control of the ball – Good technique is the goal here (Not speed). Notice all players are active, no waiting for a turn.

**\*\*\*Water Break\*\*\***

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**Session Plan Aerial Control (Players in pairs): 5ft -7ft between players (20 – 25 Minutes)**

**Coach – 1 (optional)**

1. Aerial Control – Right foot control – Volley back (Right foot)
  2. Aerial Control – Left foot control – Volley back (Left foot)
  3. Aerial Control – Right thigh control – Volley back (Right foot)
  4. Aerial Control – Left thigh control – Volley back (Left foot)
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**Coach – 2 (optional)**

5. Aerial Control – Chest control – Volley back (Right foot) **\*\*Advanced\*\***
6. Aerial Control – Chest control – Volley back (Left foot) **\*\*Advanced\*\***
7. Aerial Control – Head control – Volley back (Right foot) **\*\*Advanced\*\***
8. Aerial Control – Head control – Volley back (Left foot) **\*\*Advanced\*\***

**Coach points:**

*(Optional) Split team in half so the coaches can focus on ½ of the skills then after 10-15 minutes rotate players to the other coach.*

*(10) touches per skill.*

*Focus on good “body balance”. Players on toes “happy feet”. Good tosses from teammate – Good technique is the goal here (Not speed).*