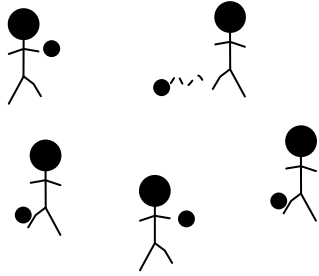


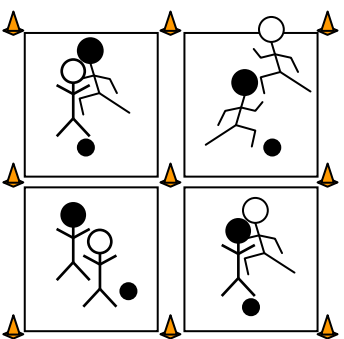
# COLORADO STORM DEVELOPMENTAL PROGRAM

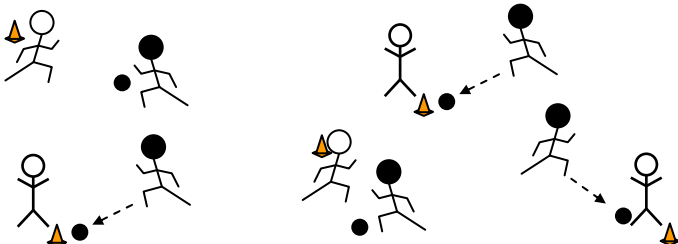
JUNIOR REC. I – FALL SEASON

TOPIC: SHIELDING INTRODUCTION

SESSION 5 OF 16

WARM-UP	DESCRIPTION
 <p><b>TIPS:</b> <i>Juggling is difficult. Remember kids love to hear their name and “Yes!”</i></p>	<p>Juggle...</p> <ul style="list-style-type: none"> <li>- with the feet for the World Record</li> <li>- with the thighs for the World Record</li> <li>- with the head for the World Record</li> </ul> <p>Introduce juggling combinations</p> <p><b>COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• Use both feet and thighs</li> <li>• Encourage effort in keeping the ball in the air</li> </ul>

MAIN THEME	DESCRIPTION
 <p><b>TIPS:</b> <i>Make sure the players know when and why to shield.</i></p>	<p>Review Figure 8's</p> <p>Introduction to shielding</p> <ul style="list-style-type: none"> <li>- 1v1 Keep-away</li> </ul> <p><b>COACHING POINTS</b></p> <p>Emphasize the following...</p> <ul style="list-style-type: none"> <li>- “Can you keep your body between the ball and the defender?”</li> <li>- “Can you use the outsides and bottom of your feet?”</li> <li>- Keep the defender away from the ball, not the ball away from the defender. Hold your ground.</li> </ul>

GAMES	DESCRIPTION
<p><b>PACK OF WOLVES</b></p>  <p><b>TIPS:</b> <i>When shielding, one side should be on the ball while the other is on the defender.</i></p>	<p><b>Pack of Wolves</b> – Divide the players into two teams. Each player from one team has a ball, while each player from the other team has a cone. The team with the ball attempts to knock over as many cones as possible in 90 seconds. Switch team roles.</p> <ul style="list-style-type: none"> <li>• “Can you protect the cone by keeping your body between the wolf and their ball?”</li> </ul>

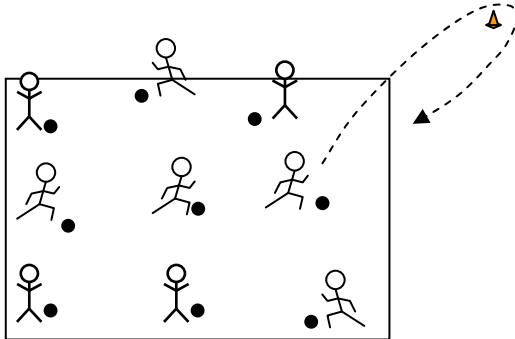
FINAL GAME
<p>Using the same sized field as above, play keep-away in a small space and then line soccer. Finally, play even numbers to goal. Set up the field the same size as Saturday games. Heavily praise players shielding or when they attempt to shield.</p>

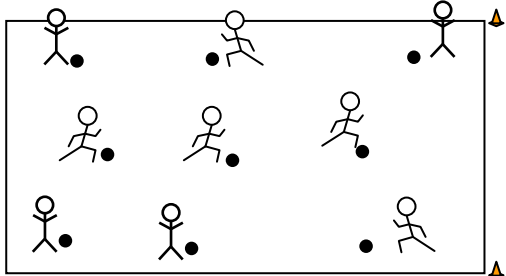
# COLORADO STORM DEVELOPMENTAL PROGRAM

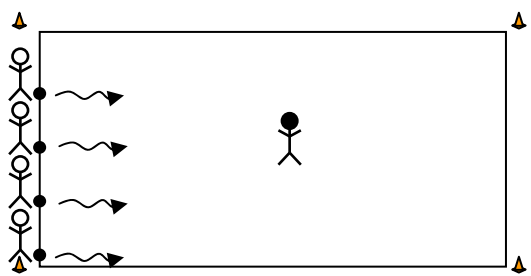
JUNIOR REC. I – SPRING SEASON

TOPIC: IMPROVE COMFORT WHILE  
DRIBBLING

SESSION 3 OF 16

WARM-UP	DESCRIPTION
<p><b>DUTCH NUMBERS</b></p>  <p><b>TIPS:</b> Encourage speed and sharp turns.</p>	<p><b>Dutch Numbers</b> – Number each player and have them dribble within a large grid. Call out a number. When a player’s number is called, he/she must dribble around one of the cones. The remaining players must follow the player around the cone he/she chooses. The players race to be the first one to return back to the grid with the ball under control.</p> <hr/> <p><b>COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• “See where you’re going!”</li> <li>• “Explode out!”</li> </ul>

MAIN THEME	DESCRIPTION
 <p><b>TIPS:</b> “Sell them move!” Make the defenders believe it.</p>	<p>Review the following...</p> <ul style="list-style-type: none"> <li>- speed dribbling</li> <li>- the “Scissors”</li> <li>- the “Self Pass”</li> <li>- the “Rivelino”</li> <li>- the “Step and Push”</li> <li>- doubles of each feint</li> </ul> <hr/> <p><b>COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• Details of feints.</li> <li>• “Explode Out!” of the self-pass and feints</li> <li>• “Body Language!”</li> </ul>

GAMES	DESCRIPTION
<p><b>SHARKS &amp; MINNOWS</b></p>  <p><b>TIPS:</b> Encourage the use of feints and speed dribbling to beat the Shark(s).</p>	<p><b>Sharks &amp; Minnows</b> - All players (<b>minnows</b>) line up corner to corner on one side of a grid with their ball. The coach (<b>shark</b>) is in the middle of the grid. On the coach’s command, the players must dribble across the grid without the shark stealing their ball. If the shark steals a player’s ball by kicking it outside of the grid, the player becomes a shark at the next passing. The last player left is the winner.</p> <ul style="list-style-type: none"> <li>• When and why to use feints</li> <li>• When and why to speed dribble</li> </ul>

FINAL GAME
<p>Play line soccer. Players score by dribbling over the end line. Emphasize control. Make the field wide for a large end line. Encourage players to, “See the space and beat the defenders!”</p>