

Testing Guiding

- **Organization:**

8 line of cones , 2 feet distance from each other (important to keep the same distance for all the testing).

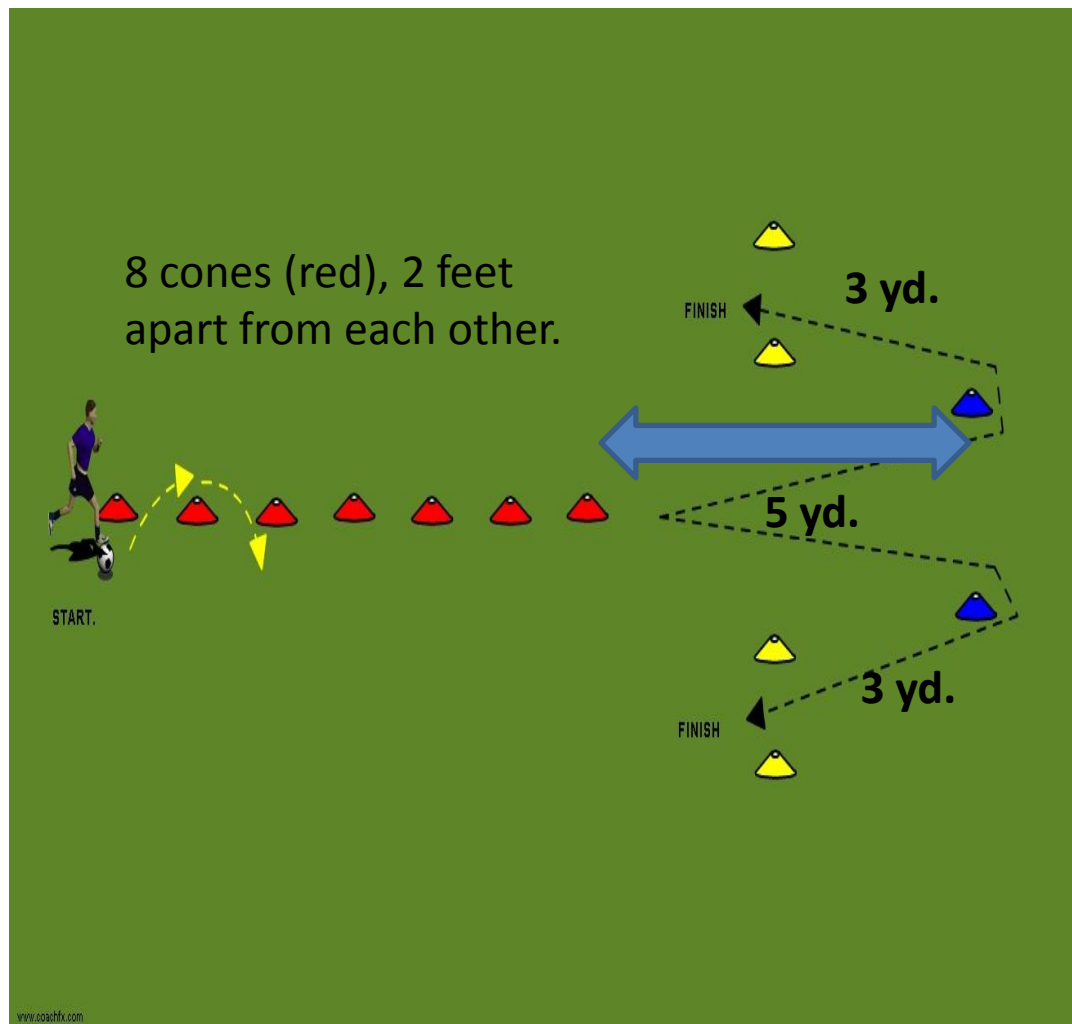
5 yd. distance from last red cone to blue cones (gate)

3 yd. distance blue cones to yellow cones (finish gate).

- **Progression:** zigzag thru line cones (red) – guide straight line from last red cone thru blue cones (gate) – cross (either left-right side) yellow gate.

Testing - unlimited touches - clock time- count mistakes (best of 3 tries) starting from 1st red cone finish thru yellow gate.

1. zigzag (red cones) inside-inside using both feet (free touches)
2. Zigzag (red cone) inside-outside one foot (right).
3. Same as #2 left foot.



•Organization:

2 squares of 4yd. – 5yd. distance (front 2 cones of square).

2nd exercise add 2yd. gates (blue cones) right. & left next to front cones of the square.

•Progression:

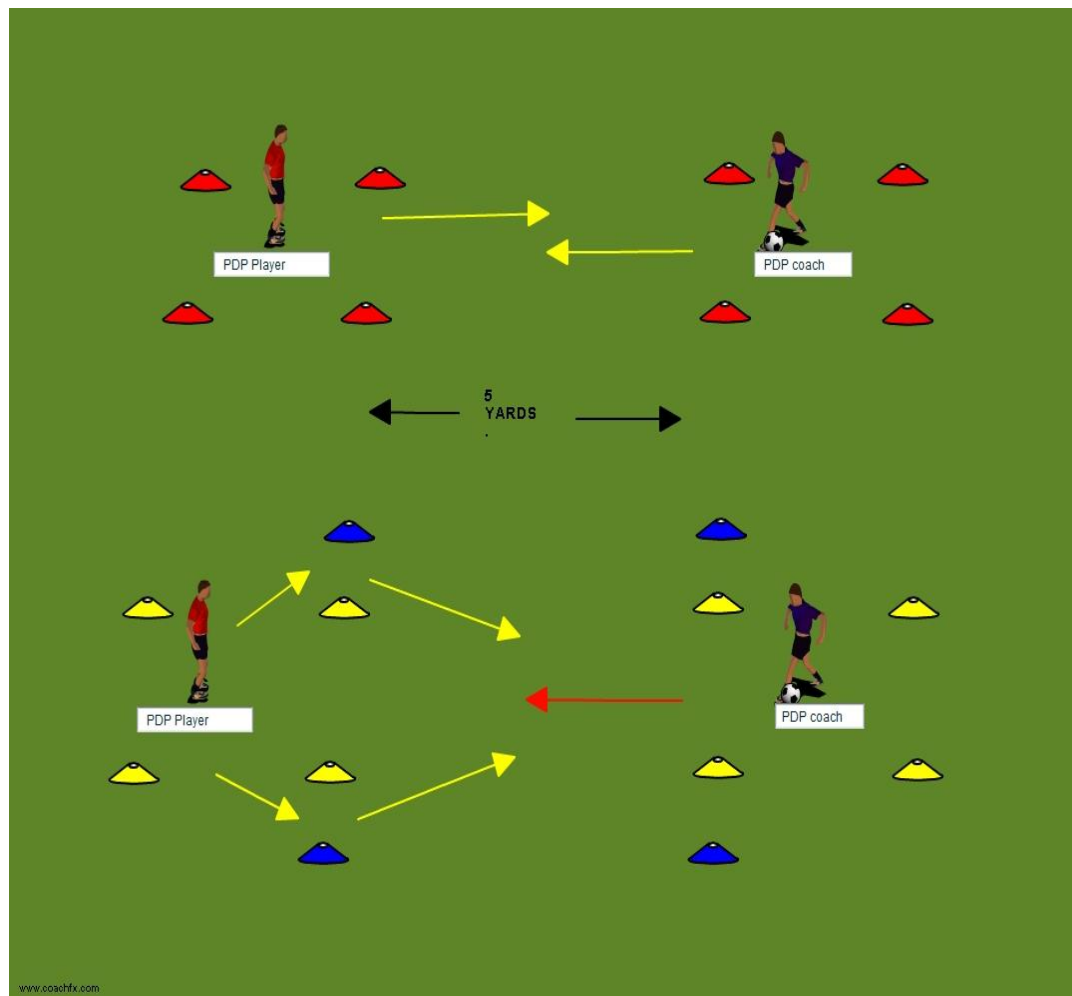
1st exe) Start with coach pass – player must trap the ball inside of square and pass with same foot back. Player must alternate pass & rec. with right foot & left foot.

2nd exe.) Start with coach pass – player receive with 1st touch in to space outside of square & pass back thru outside gates. Alternate 1st touch right-left & pass back to coach.

Testing – time limit 30 sec. - count passes completion & mistakes (passing & receiving):

1. Exe. (red cones) accuracy of the pass back to the coach. Trap the ball inside square.
2. Exe. (yellow cones) same as 1st exe. Player now must receive 1st touch outside of square and pass back thru small outside gate (yellow-blue cones)

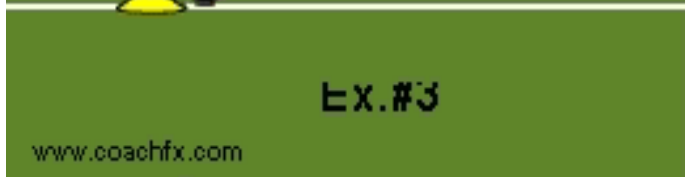
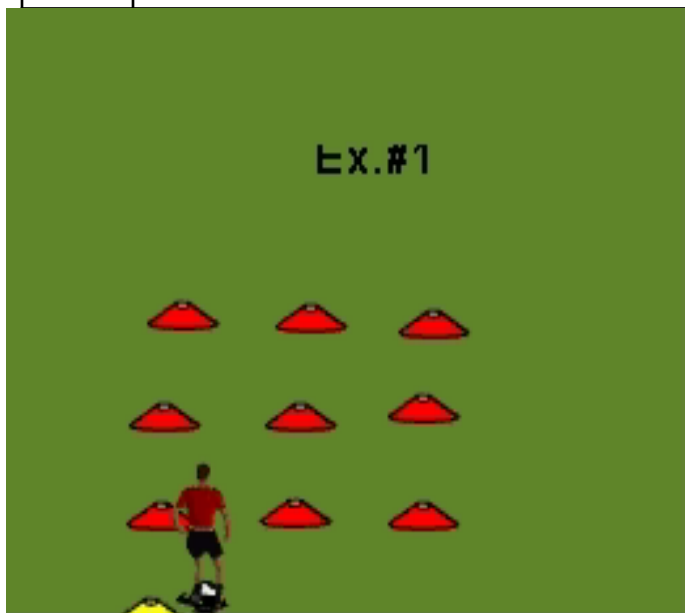
Testing Passing & Receiving



Training on your own (play more soccer)–Guiding the Ball

(more & different type of organization for PDP players to use on their own)

EX. #	Objective: Moving in to space with the control of the ball using all part of the feet. Descriptions:	Organization & Coaching Points
1	Side to side: Incorporate Rhythm as coordinative task as well. Player starts (yellow cone) and guide the ball to right – left side thru cones (similar a channel). Use outside-inside-outside both feet. Only one foot out-inside. Inside-Inside both feet Outside-outside both feet. Inside-roll both feet. Pass cone vertical pullback-push (rx-lft) making L move ↑↓ ← & ↑↓→	3-4 lines of cones – 1-1.5 yd. CP: leaning leg bent well balance , moment of ball contact knee over the ball (guiding leg), trunk over knees, arms away from body balance-protection, guiding ankle-foot relax, inside-outside-sole, contact ball-foot right place.
2	Square in-out: player guide ball straight line cone to cone (yellow) counter-clock & clock wise, guide the ball around cones alternating corner cone (yellow) with center cone (red). Use only 1 foot inside-outside, 2 feet inside-inside or outside-outside, shoe laces straight line.	4 cones: 2x2 / 3x3 yd. – 1 center cone CP: same as above + straight line longer touches (ball push in to space) short touches around cone.



EX. #	Objective: Moving in to space with the control of the ball using all part of the feet Descriptions:	Organization & Coaching Points
3	Small gates: Player starts (yellow cone) and guide ball between 2 cones for accuracy. Use outside-inside-outside both feet. Only one foot out-inside. Inside-Inside both feet Outside-outside both feet. Roll both feet.	4-6 gates (8-12 cones) just little wide of ball's width. 1 yd gate to gate. CP: same as #1
4	Tight zig-zag: Player guides thru each cone with 2 touch (push-cut) with rhythm. Use: outside-inside both feet. Only one foot out-inside. Inside-Inside both feet Outside-outside both feet. Roll-Trap both feet, Backward Pull-Trap both feet.	6-9 cones: line of cones 1-2 foot apart < CP: same #1. <u>Incorporate Rhythm with same-different # touches (2-2, 2-1, 1-2) as coordinative task.</u>
5	Making Moves (fake): Player starts and make different moves in front-side of each cone (blue). Moves: inside-outside, ½ -full scissor (Ronaldo), step-over (Rivelino), Helicopter 180° (Maradona) Change direction with out-side foot cut or inside foot cut (Beckenbauer)	4-6 gates 5 yd apart 45° angle. CP: same as #1 + short touches (slowing down) near cone longer touches after fake (acceleration) movements of trunk & legs.

