



Isolation Session 3

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Description

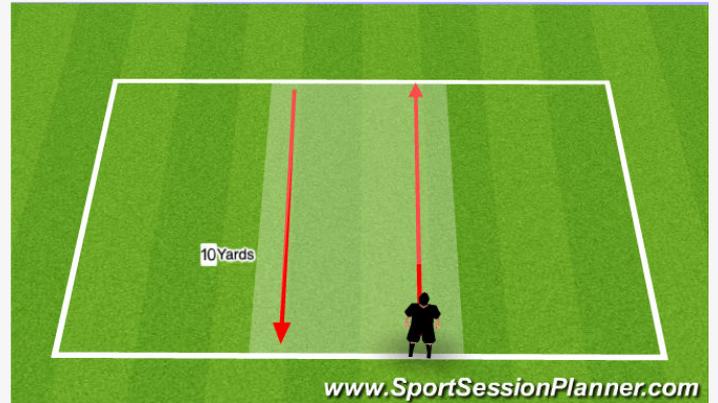
Dribble to beat an Opponent

Quick Tests (5 mins)

Quick Tests

Must do 3 - Agility is one of the three.

1. Hop on Leg for 30 yards
2. Single leg standing and eyes closed for 20 secs
3. Agility - see SAQ for 2 minutes
4. Run 1 mile continuous!



SAQ (10 mins)

Set up: 4 agility stations comprising of speed ladder, poles with football, hurdles and hoops.

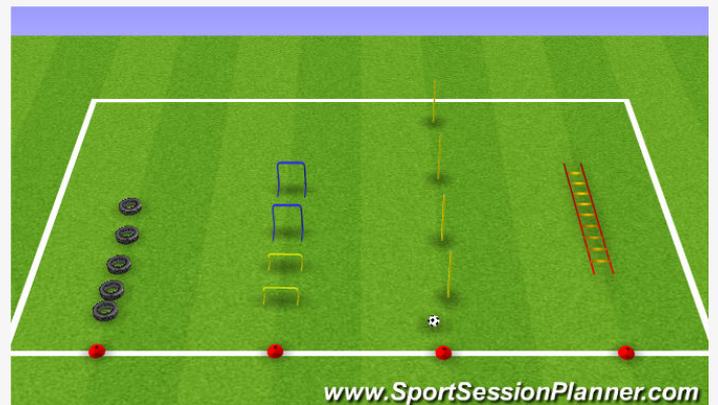
This can be done inside in your basement or a garage
Use cones or garbage cans - be inventive

Procedure: Players perform agility exercises for 60 secs with 30 sec recovery. Working 1:3.

1. Players hop through the hoops changing foot.
2. Players jump two-footed over the hurdles or balls
3. Players dribble through the slalom.
4. Players do two feet through the ladder.

Coaching points:

- Focus on technique over speed.



Dribble to beat an opponent (10 mins)

Dribbling Moves to beat an opponent 1v1

Information

Line out an area 5 Yards wide up to 7-10 Yards Long - Use what space you have available

Start at Line 1 - Dribble to cones - perform the dribbling move below and then finish at Line 2

Repeat Line 2 - Dribble to cones - perform the dribbling move below and then finish at Line 1

Do this there and back 6 times - Total of 12 Moves - 2 Sets = 24 Total Moves

Dribbling Moves at a cone

1. Scissors - Dribble at cone step over go to right/left
2. Double Scissors - Dribble at cone - step over twice go to left/right
3. Matthews Move - Dribble at cone - Tap - Tap to one side and then accelerate out to the other side
4. V Pull Back - Dribble to cone - Pull back when reach the cone and accelerate out to right/left
5. Fake Shot - Go at cone - look to shoot and then accelerate to right and left.



Moves to beat an opponent on the wing (10 mins)

Dribbling Moves to beat an opponent on the Wing

Information

Line out an area 5 Yards wide up to 7-10 Yards Long - Use what space you have available

Start at Line 1 - Dribble to cones - perform the dribbling move below and then finish at Line 2

Repeat Line 2 - Dribble to cones - perform the dribbling move below and then finish at Line 1

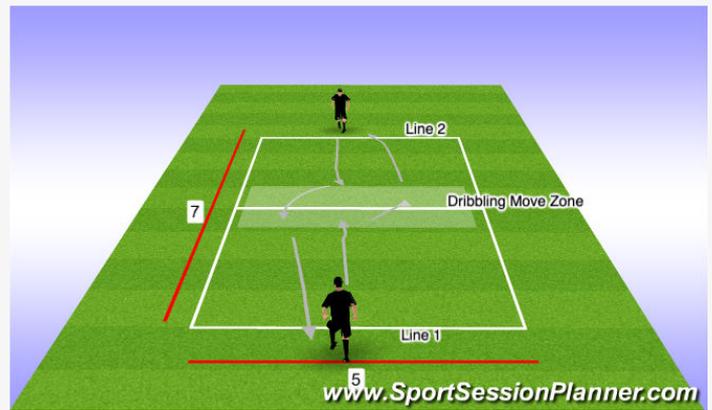
Do this there and back 6 times - Total of 12 Moves - 2 Sets = 24 Total Moves

Dribbling Moves on the wing

1. Double Touch- Dribble at zone - twist your body to face the opposite side line and then push the ball with other foot to accelerate away

2. Locomotion - Dribble at zone - lift one foot up and in a locomotion action step over the ball - the ball does not stop but you will slow down and then accelerate away

3. Maradona - Dribble at zone - Spin on top of the ball with both feet and accelerate away from the zone (can be used any part of the field).



8 minute body workout (10 mins)

8 minute Body workout

1. Push ups - 30 secs - Hold to the top if you cannot continue
2. Situps - 30 Secs - Feet on ground - Head up to knees
3. Pushups - 10 reps
4. Situps - 10 reps
5. Body squats - 30 secs
6. Body weight - V Ups - 30 secs
7. Alternate forward lunge - 30 secs
8. Burpees from standing position 30 secs
9. Arm circles - Thumbs down - 30 secs
10. Pushups - 10
11. Arm circles - 30 secs
12. High knees - 30 secs
13. Butt Kicks - 30 secs





Isolation Session 4

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

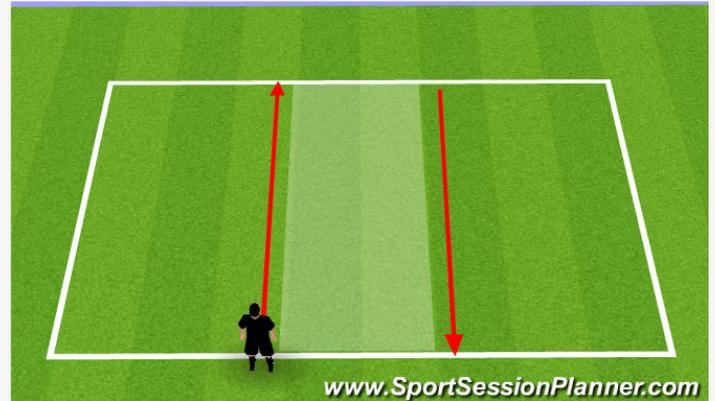
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Quick Tests (5 mins)

Quick Tests

CHOOSE 3 - Must do AGLITY

1. Hop on Leg for 30 yards
2. Single leg standing and eyes closed for 20 secs
3. Agility - see SAQ for 2 minutes
4. Run 1 mile continuous - can do this outside!

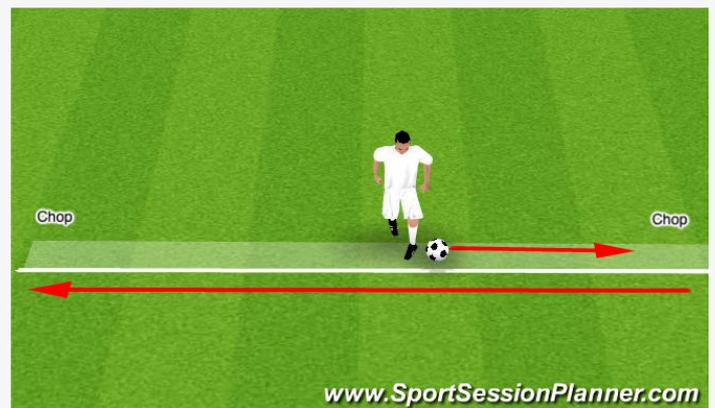


Ball Mastery 1 (10 mins)

Ball Mastery

1. Touch ball to outside - 2x
2. Chop the ball back with inside of foot across your body.
3. Repeat on other side and chop ball back.

Use line as base



Speed Line Dribbling (10 mins)

Speed Line Dribble

Set up area as big as you can - 7 yards x 15 yards is perfect

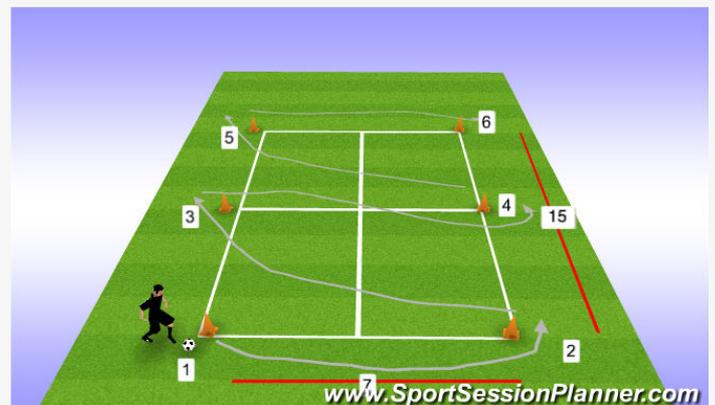
Information

Start at 1 - Finish at 6 and then reverse - 6 back to 1.

Work on dribbling around the cones/Markers - using inside and outside of your feet.

Accelerate on the diagonals as you use your top part of your foot to move forward.

There and back is 1 - Do this 6x and 6 is 1 set.
Total 2 Sets!



4 Corners Drill (20 mins)

4 Corner Fitness Drill

Instructions:

Start at cone 1 and sprint to cone 2. Shuffle to cone 3. Backpedal to cone 4. Shuffle back to cone 1.

1. Shuffle across the grid to cone 3. Backpedal to cone 4. Then sprint past cone 2.

Repeat 5 times with 1 minute rest between reps.

3 Reps.

Coaching Points:

Low center of gravity when moving laterally and backwards.
Focus on quick starts, fast change of direction and speed.

Progressions

- Use ball and do the same thing.

1. Ball Mastery for touches on the ball forwards and shuffle

2. For back pedal - pull ball back as you move backwards (Great workout for legs)

