



# Burlington Soccer Club Training Session

**SESSION TOPIC:**

**Balance, Agility & Co-ordination**

**PLAN #:**

**1**

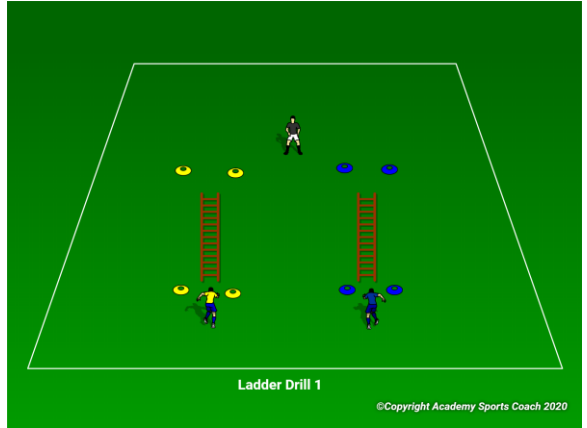
**Agil, Bal. Coord 1:**

**Ladder Drill 1**

**10**

- ORGANIZATION/Set up:**
- Set up two ladders in separate channels as shown
  - Players are working in pair and work simultaneously
- Drills / movement**
- Single steps run
  - Single lateral steps
  - Single foot hops
  - Icky shuffle
  - Hop Scotch
  - Two footed jumps
  - Two footed jump & twists

- COACHING POINTS:**
- Correct arm drive technique for running in Soccer
  - Develop efficient lateral movement
  - Work off ball of the feet
  - Develop and maintain a rhythm
  - Keep hip square/don't sink into hips
  - Maintain good mechanics when facing soccer specific movement with the ball



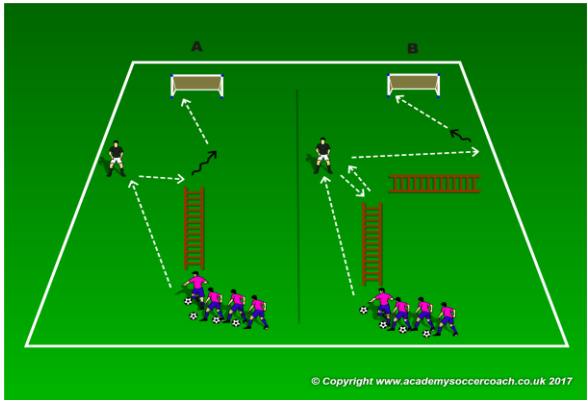
**Agil, Bal, Coord 2:**

**Ladder Drill 2**

**10**

- ORGANIZATION/Set up:**
- Set up two ladders in separate channels as shown
  - Players can working in pair and work simultaneously
- Drills / movement**
- Single steps run
  - Single lateral steps
  - Single foot hops
  - Icky shuffle
  - Hop Scotch
  - Two footed jumps
  - Two footed jump & twists

- COACHING POINTS:**
- Correct arm drive technique for running in Soccer
  - Develop efficient lateral movement
  - Work off ball of the feet
  - Develop and maintain a rhythm
  - Keep hip square
  - Maintain good mechanics when facing soccer specific movement with the ball
  - React to ball movement



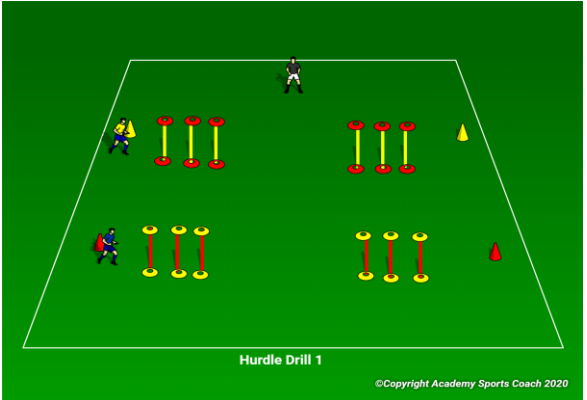
**Agil, Bal, Coord 3:**

**Hurdle Drill 1**

**10**

- ORGANIZATION/Set up:**
- Set up Hurdle or cone as shown. Two grids can be set up side by side
- Drills / movement**
- Single step run thru 1, backward steps thru 2
  - Single step run thru 1, 360 deg turn, single step thru 2
  - Hop thru 1, fast feet in middle, single step thru 2
  - Lateral steps thru 1, stop & jump, backwards thru 2

- COACHING POINTS:**
- Correct arm drive technique for running in Soccer
  - Develop efficient lateral movement
  - Work off ball of the feet
  - Develop and maintain a rhythm
  - Keep hip square
  - Maintain good mechanics when facing soccer specific movement with the ball





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**Agil, Bal, Coord 4:**

**Hurdle Drill 2**

**10**

**ORGANIZATION/Set up:**

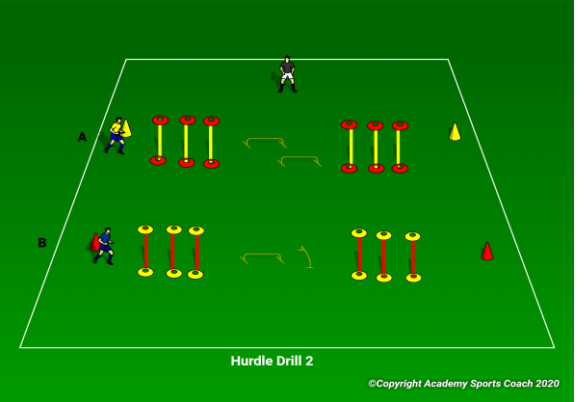
- Set up Hurdle or cones as shown. Two grids can be set up side by side

**Drills / movement**

- Single steps thru 1, cross steps over 2, single step 3
- Lateral hops over 1, lateral hops over 2, single hop 3
- Single steps thru 1, lateral jump 2, backward step 3
- Lateral steps over 1, hop scotch 2, lateral step 3

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Develop efficient lateral movement
- Work off ball of the feet
- Develop and maintain a rhythm
- Keep hip square
- Maintain good mechanics when facing soccer specific movement with the ball



**Agil, Bal, Coord 5:**

**Hurdle Drill 3**

**10**

**ORGANIZATION/Set up:**

- Set up Hurdle or cones as shown. Two grids can be set up side by side

**Drills / movement**

- Single hops over 1, lateral step thru 2, single step 3
- Jumps over 1, lateral steps thru 2, single steps thru 3
- Single steps thru 1, stride run thru 2, backward step 3
- Step over & back thru 1, lateral step thru 2 & 3

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Develop efficient lateral movement
- Work off ball of the feet
- Develop and maintain a rhythm
- Keep hip square
- Maintain good mechanics when facing soccer specific movement with the ball



**Agil, Bal, Coord 6:**

**Agility & Coordination Circuit**

**10**

**ORGANIZATION/Set up:**

- Set up two areas in separate channels as shown
- A) A hurdle, 3 additional offset hurdles/poles on the ground and a finishing gate
- The player execute various movements over the hurdle & poles
- Include turns etc
- Accelerate thru final gate
- B) A hurdle, 3 rings (can use cones) offset, 2 poles and finishing gate
- The player execute various movements over the hurdle, rings & poles
- Include turns etc
- Accelerate thru final gate

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Develop efficient lateral movement
- Work off ball of the feet
- Develop and maintain a rhythm
- Keep hip square
- Maintain good mechanics when facing soccer specific movement with the ball
- React to ball movement

