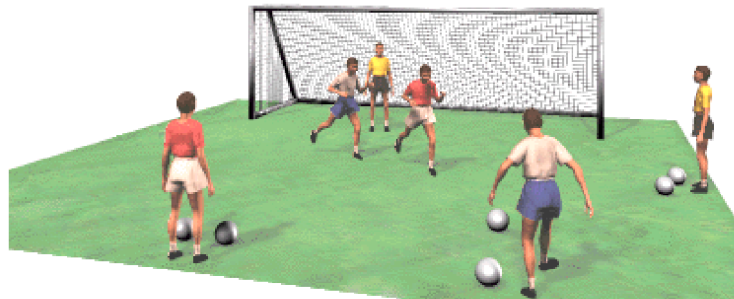


# GEORGIA SOCCER & SoccerROM



For a limited time only, all Georgia Soccer coaches can receive a **FREE full-year subscription** to SoccerROM! Since 1998, SoccerROM has served coaches from 92 countries around the world, ranging from first-time coaches of youth teams to some of the most successful and best-known coaches at the highest levels of the game.

*"I have done nothing if not struggle in my efforts to put together sensible and logical practice sessions. Now for the first time I am able to appreciate the order with which a session can be arranged and how it can be made to flow from one segment to another."*

--FG (Chatsworth, Georgia)

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The Soccer Coach's Online Reference

**Ball Control Basics**  
*Micro/Beginning*

## Practice Plan

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### Exercise Search Screen

You can search for exercises in the SoccerROM Database using several different options...

- Enter a **Search Phrase** to find exact matches in the database, OR
- Enter a three-digit **Exercise Number** to find a specific activity, OR
- Select an **Ability Level** AND at least one **Coaching Topic** to browse a comprehensive list of related exercises

<b>Search Phrase</b>	<input type="text"/>			
<b>Exercise Number</b>	<input type="text"/>			
<b>Ability Level</b>	<input type="radio"/> Micro	<input type="radio"/> Beginning	<input checked="" type="radio"/> Intermediate	<input type="radio"/> Advanced
<b>Field Player Topics</b>	<input type="checkbox"/> Chipping/Crossing	<input checked="" type="checkbox"/> Finishing	<input type="checkbox"/> Passing	<input type="checkbox"/> Stretching
	<input type="checkbox"/> Defending	<input type="checkbox"/> Fitness (FP)	<input type="checkbox"/> Receiving	<input checked="" type="checkbox"/> Volleys
	<input type="checkbox"/> Dribbling	<input type="checkbox"/> Heading	<input type="checkbox"/> Restarts	
<b>Goalkeeping Topics</b>	<input type="checkbox"/> Catching	<input type="checkbox"/> Diving	<input type="checkbox"/> Footwork	<input type="checkbox"/> Punching/Tipping
	<input type="checkbox"/> Distribution	<input type="checkbox"/> Fitness (GK)	<input type="checkbox"/> High Balls	<input type="checkbox"/> 1 v 1
<b>Search</b>				

After you have entered your search criteria, press the "Search" button to submit your query. If you want to narrow your results list further, you can make your search more restrictive by specifying multiple search options from the list above.

... on the first touch, and discourages them from "just kicking" the ball. Enforce the following points:

- ...
- ...
- ...
- ...
- ...

... under close control while dribbling. ... the coach (moving around inside the grid) ... immediately stop the ball with the sole of foot ... continue dribbling around the grid.



... and stop the ball with their head. ... and under control throughout this warm-up

... our players to improve their first-touch

... He should strike the ball with varying ... sure that he uses both feet and strikes the



... ball so that it comes back to him at different angles, requiring him to side-step to get to balls and control them before playing them back.

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today!**

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