

Indonesian American Soccer Exchange (IASE)

Coaching Clinics Schedule, 2-9 January 2011

Sunday, 2 January 2011

Time	Activity	Person in Charge	Information
	U.S. group arrival in Jakarta by		Pick up by CCEI staff
	Check in at hotel		

Monday, 3 January 2011 – Coaching Clinic in Jakarta

Time	Activity	Person in Charge	Information
6.00	Aci meet the U.S group at the hotel lobby		
	Go to State University of Jakarta (UNJ)		
07.00 – 08.00	Registration and Individual Warm-up		
08.00 – 08.10	Introduction of Coaches / Administrators		
	Thank-you for having us here		
	Coaches: Why I love this game		
08.10 – 08.30	Warm Up		
	Stretching, Injury Prevention Exercises		
08.30 – 09.00	Technical Foot skills		
	Touches: Back and forth: Inside Feet		
	Top of Feet: Left / Right / Left		
	Inside of feet: Circles Left		
	Inside of feet: Circles Right		
	Ball drags: Left		
	Ball drags: Right		
	Ball Pulls with bottom of feet		
	10 Yard Dribble to cones and back (optional relay race)		
	Dribbling moves- step overs, scissors (as skill level allows)		

	Shielding (stance, ball work, spatial awareness)		
	1 v 1s (small goals/cones, no GK)		
09.00 -09.10	Technical Touches		
	Thigh Touch and Catch: Right		
	Thigh Touch and Catch: Left		
	Thigh: Left and Right rotation		
	Juggling (if skill progression allows)		
	Side Volleys and Front Volleys		
	Chest Trapping if possible		
	Heading if possible		
09.10 -09.20	WATER BREAK		
09.20 -09.30	Technical Passing		
	Locking Foot: Prep / Strike / Follow-through. Heel		
	Two touch- move to one- touch		
	Long passing, both lofted and driven balls		
	Short, short, long with four players		
09.30 – 09.50	Shooting		
	Locking Foot: Prep / Strike / Follow-through. Top of Ankle (GK Fundamentals for those interested)		
	Footwork, positioning, W Catch, Underhand Chest Catch		
	Go to Goal shooting		
09.50 – 10.00	WATER BREAK		
10.00 – 10.30	Possession:		
	3 v 1 Magic Triangle on the field		
	5 v 2 If technical skill and concepts allow		
10.30 – 11.00	Small Sided Games		
	6 v 6 games!!		
11.00 – 11.30	Wrap Up Session / Thank participants		
11.30 – 12.00	Go to a restaurant		
12. 00 – 13.00	Lunch		
13.00 – 13.30	Back to State University of Jakarta (UNJ)		
13.30 - ...	Coaching sessions with the coaches		
	Back to the hotel		

Tuesday, 4 January 2011 – Trip to Surabaya

Time	Activity	Person in Charge	Information
06.30 – 08.00	Meet U.S. group at the hotel lobby and then go to the airport	Aci	
09.00 – 10.20	Jakarta – Surabaya by Garuda Airlines (GA 309)		
11.00 – 12.00	Airport – hotel		

Wednesday, 5 January 2011 – Coaching Clinic in Surabaya

Time	Activity	Person in Charge	Information
6.00	Aci meet the U.S group at the hotel lobby		
	Go to		
07.00 – 08.00	Registration and Individual Warm-up		
08.00 – 08.10	Introduction of Coaches / Administrators		
	Thank-you for having us here		
	Coaches: Why I love this game		
08.10 – 08.30	Warm Up		
	Stretching, Injury Prevention Exercises		
08.30 – 09.00	Technical Foot skills		
	Touches: Back and forth: Inside Feet		
	Top of Feet: Left / Right / Left		
	Inside of feet: Circles Left		
	Inside of feet: Circles Right		
	Ball drags: Left		
	Ball drags: Right		
	Ball Pulls with bottom of feet		
	10 Yard Dribble to cones and back (optional relay race)		
	Dribbling moves- step overs, scissors (as skill level allows)		
	Shielding (stance, ball work, spatial awareness)		
	1 v 1s (small goals/cones, no GK)		
09.00 -09.10	Technical Touches		

	Thigh Touch and Catch: Right		
	Thigh Touch and Catch: Left		
	Thigh: Left and Right rotation		
	Juggling (if skill progression allows)		
	Side Volleys and Front Volleys		
	Chest Trapping if possible		
	Heading if possible		
09.10 -09.20	WATER BREAK		
09.20 -09.30	Technical Passing		
	Locking Foot: Prep / Strike / Follow-through. Heel		
	Two touch- move to one- touch		
	Long passing, both lofted and driven balls		
	Short, short, long with four players		
09.30 – 09.50	Shooting		
	Locking Foot: Prep / Strike / Follow-through. Top of Ankle (GK Fundamentals for those interested)		
	Footwork, positioning, W Catch, Underhand Chest Catch		
	Go to Goal shooting		
09.50 – 10.00	WATER BREAK		
10.00 – 10.30	Possession:		
	3 v 1 Magic Triangle on the field		
	5 v 2 If technical skill and concepts allow		
10.30 – 11.00	Small Sided Games		
	6 v 6 games!!		
11.00 – 11.30	Wrap Up Session / Thank participants		
11.30 – 12.00	Go to a restaurant		
12. 00 – 13.00	Lunch		
13.00 – 13.30	Back to ...		
13.30 - ...	Coaching sessions with the coaches		
	Back to the hotel		

Thursday, 6 January 2011 – Trip to Pontianak

Time	Activity	Person in Charge	Information
	U.S group meet Aci at the hotel lobby and then go to the airport	Aci	
08.00 -09.20	Flight Surabaya – Jakarta by GA 307		
11.30 – 12.55	Flight Jakarta – Pontianak by GA 502		

Friday, 7 January 2011 – Coaching Clinic in Pontianak

Time	Activity	Person in Charge	Information
6.00	Aci meet the U.S group at the hotel lobby		
	Go to		
07.00 – 08.00	Registration and Individual Warm-up		
08.00 – 08.10	Introduction of Coaches / Administrators		
	Thank-you for having us here		
	Coaches: Why I love this game		
08.10 – 08.30	Warm Up		
	Stretching, Injury Prevention Exercises		
08.30 – 09.00	Technical Foot skills		
	Touches: Back and forth: Inside Feet		
	Top of Feet: Left / Right / Left		
	Inside of feet: Circles Left		
	Inside of feet: Circles Right		
	Ball drags: Left		
	Ball drags: Right		
	Ball Pulls with bottom of feet		
	10 Yard Dribble to cones and back (optional relay race)		
	Dribbling moves- step overs, scissors (as skill level allows)		
	Shielding (stance, ball work, spatial awareness)		
	1 v 1s (small goals/cones, no GK)		
09.00 -09.10	Technical Touches		

	Thigh Touch and Catch: Right		
	Thigh Touch and Catch: Left		
	Thigh: Left and Right rotation		
	Juggling (if skill progression allows)		
	Side Volleys and Front Volleys		
	Chest Trapping if possible		
	Heading if possible		
09.10 -09.20	WATER BREAK		
09.20 -09.30	Technical Passing		
	Locking Foot: Prep / Strike / Follow-through. Heel		
	Two touch- move to one- touch		
	Long passing, both lofted and driven balls		
	Short, short, long with four players		
09.30 – 09.50	Shooting		
	Locking Foot: Prep / Strike / Follow-through. Top of Ankle (GK Fundamentals for those interested)		
	Footwork, positioning, W Catch, Underhand Chest Catch		
	Go to Goal shooting		
09.50 – 10.00	WATER BREAK		
10.00 – 10.30	Possession:		
	3 v 1 Magic Triangle on the field		
	5 v 2 If technical skill and concepts allow		
10.30 – 11.00	Small Sided Games		
	6 v 6 games!!		
11.00 – 11.30	Wrap Up Session / Thank participants		
11.30 – 12.00	Go to a restaurant		
12. 00 – 13.00	Lunch		
13.00 – 13.30	Back to ...		
13.30 - ...	Coaching sessions with the coaches		
	Back to the hotel		

Saturday, 8 January 2011 – Trip to Jakarta

Time	Activity	Person in Charge	Information
	U.S group meet Aci at the hotel lobby and then go to the airport		
	Flight Pontianak - Jakarta		
	Check in at hotel		

Sunday, 9 January 2011 – U.S. group departure

Time	Activity	Person in Charge	Information