

Ball Mastery



OBJECTIVE:

Players dribble the ball towards the opposite end of the 18 yard box and to the cone using various techniques. Once at the cone they turn and go the opposite direction.

ORGANISATION

1ball per player lined up across the width of the 18 yard box. A cone is laid out in front of them to be used as a directional tool.

PROGRESSION

Continuous Sole instep (stationary)
Sole Pull to VB Same Foot
Sole Pull to V Take with opposite of the foot



COMMENTS AND COACHING POINTS

1) Continuous touches on the ball; 2) Toe points down; 3) Arms out for balance; 4) Eyes forward.

Passing and receiving



OBJECTIVE:

Have players pass and move within their box with coach giving specific patterns and movements.

ORGANISATION

6 yellows, 6 greens and 6 reds split into 6 separate grids. 1 ball per grid.

PROGRESSION

1) Ask 1 color from each group to move to another box after playing a pass; 2) Ask players to switch balls between the boxes; 3) Have all single colors join to form a group of three, thus 2 boxes of all green, 2 of all red, 2 of all yellow; 4) limit touches to individual colors and rotate roles.



COMMENTS AND COACHING POINTS

1) Recognition of space and other players; 2) Movement off ball; 3) Communication; 4) Vision; 5) Technique of passing for possession.

Long Passing



OBJECTIVE:

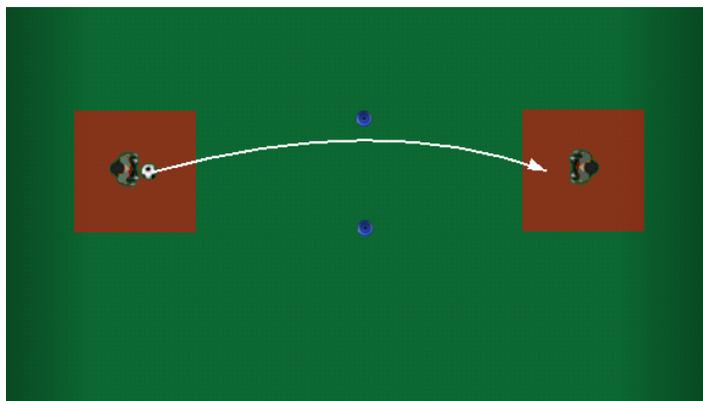
The player in possession of the ball tries to play a pass through the gate to the player in the opposite 5x5 yard box. Focus is on the techniques and accuracy.

ORGANISATION

2 5x5 yard boxes placed 20 yards apart with a 10 yard gate in the middle. 1 ball between 2 players. Set up multiple grids.

PROGRESSION

Inside foot - instep drive low - driven ball waist height - chipped ball - curved ball - weak foot.



COMMENTS AND COACHING POINTS

1) Hips square to target; 2) Follow through the ball appropriately; 3) Use arms for balance; 4) Connect with the correct surface of the foot; 5) Connect at the correct height of the ball.

4v4 with Bumpers



OBJECTIVE:

4v4 game with the help of bumpers in the final 3rd. The aim of the game is to combine with a bumper and score goals! First team to score 2 goals wins, losers become bumpers.

ORGANISATION

3 teams of 4. 1 team is used as bumpers at either side of the field as shown in diagram.

PROGRESSION

1) 1 touch for the bumpers; 2) 1 touch finish for forwards.



COMMENTS AND COACHING POINTS

1) Maintain diamond shape; 2) Penetrate on the dribble and finish when opportunity arises; 4) Play forward as early as possible and use bumpers; 5) Transition both sides of the ball.