

**Ball Mastery #2**



**OBJECTIVE:**

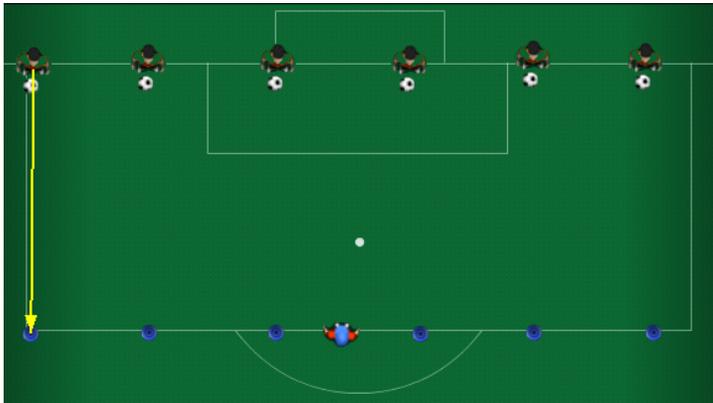
Players dribble the ball towards the opposite end of the 18 yard box and to the cone using various techniques. Once at the cone they turn and go the opposite direction.

**ORGANISATION**

1 ball 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**

Two bells sole behind bells  
Continuous sole changes side to side  
Roll inside forward to inside opposite foot



**COMMENTS AND COACHING POINTS**

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

**Cross and Finish**



**OBJECTIVE:**

Reds and Yellows perform the same activity to 2 opposite goals. The first in line attacks the pole like its a defender performs a skill to take it on and plays a low cross to the on-rushing attacker. After the cross is finish they sprint to become the next attacker.

**ORGANISATION**

2 teams lined up as in diagram. Each waiting player needs a ball and must return with one after their play. 2 large goals with goalkeepers are needed.

**PROGRESSION**

Competition between the 2 teams. First to 10 goals wins!



**COMMENTS AND COACHING POINTS**

1) Attack pole with speed and perform move quickly; 2) Head up to find target; 3) Play the cross as a pass; 4) Move after cross is played; 5) Attack the ball with speed and finish with accuracy.

**Ball Control Warm Up**



**OBJECTIVE:**

Players on the perimeter of the circle have the balls. Inside player checks to the ball and controls the ball with correct part of the body before passing it back. Roles are switched after 30 seconds of work.

**ORGANISATION**

8 players on outside of grid with balls. 8 players inside grid without balls.

**PROGRESSION**

Feet and back - Volley (inside and laces) - thigh volley  
- chest volley - head - jump to head - control and find another outside player.



**COMMENTS AND COACHING POINTS**

1) Check sharp to ball; 2) Communicate Check; 3) Soft first touch; 4) On toes; 5) Confident pass back.

**4v4 Diamond shape w /GKS**



**OBJECTIVE:**

The game is 4v4 with the use of 2 wide neutrals to provide the team with width in attack. The shape of the diamond is the main focus and how we incorporate width in our game from what would be our 2 full backs. We now also look at runs into the box and finishing from our midfielders.

**ORGANISATION**

2 teams, red and blue. Lined up in 4's to create 4v4 situations. Balls in goals to provide opportunities for quick restarts. 2 wide channels are created and neutrals are confined to this area. Goalkeepers are also included.

**PROGRESSION**

1) Limit touches in our diamond to 2; 2) have to find both wide neutrals before a goal can be scored; 3) Goals can only be scored from crosses; 4) Overlaps from outside mids to supply crosses.



**COMMENTS AND COACHING POINTS**

1) Pass and move off the ball; 2) Use wide neutrals to go forward and finish from crosses; 3) Bottom of the diamond provides support; 4) opposite mid tucks in to create space for wide player to attack.