

Juggling



OBJECTIVE:

Each player has a ball and moves around the penalty area performing a range of juggling activities supplied by the coaching staff.

ORGANISATION

1 ball per player. Confined to the penalty area.

PROGRESSION

Strong foot - weak foot - alternate feet - alternate thigh - rt/rt/lt/ft - above head juggle - feet/head/feet/head.



COMMENTS AND COACHING POINTS

1) Eyes on ball; 2) soft touches on the ball; 3) use both feet; 4) Confidence with directional touches; 5) Avoid contact with other players by looking forward.

Possession into Boxes



OBJECTIVE:

4v4 to corner boxes. The coach plays the ball into the grid and the players play 4v4, the way a point is scored is by connecting a pass to a teammate inside one of the boxes. First to 5 goals wins. You cannot score in the same box 2 times in a row.

ORGANISATION

2 teams of 4 players. 5 yard boxes are placed in the 4 corners of the grid. Balls at coach for quick restarts.

PROGRESSION

1) Limit touches of players; 2) Dribble into box.



COMMENTS AND COACHING POINTS

1) Patience in possession; 2) Movement on and off the ball; 3) communication; 4) Correct weight of pass.

Preventing the turn



OBJECTIVE:

Coach plays the ball to the checking blue who is defended by the first red. The red cannot enter the box until the blue does so its the blue that initiates movement. The aim of the blue is to turn the red and dribble outside the box to finish. If the defender wins the ball they attack the 2 small goals.

ORGANISATION

Balls at coach. 1 large goal with keeper, 2 small counter goals. 2 teams, red and blue. Starting points shown in diagram.

PROGRESSION

Add additional defender and forward between box and goal.



COMMENTS AND COACHING POINTS

1) Force away from goal to the side of the grid; 2) Initiate contact; 3) Angle and speed of approach; 4) Arms length distance; 5) Tackle when full ball is in view.

4v4 keep when scores



OBJECTIVE:

4v4 game to goals. Regular scrimmage but when a team scores they restart the game from their goalkeeper. Before the goalkeeper can play them the ball all of their team must be in the defensive half of the field.

ORGANISATION

2 teams of 4. 2 large goals with gks. Balls in nets for quick restarts. Half way line introduced with cones/pinnies.

PROGRESSION

1) limit touches; 2) 1 touch finish; 3) goals scored from defensive half = 2.



COMMENTS AND COACHING POINTS

1) Patience in attack; 2) Movement on and off the ball; 3) Play forward when possible; 4) Shoot on sight.