

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

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

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.

Soccer Golf



OBJECTIVE:

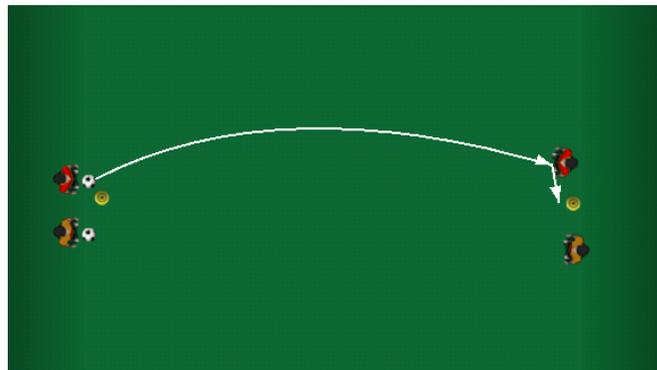
2v2 soccer golf. The red plays a long ball in the air towards their partner close to the opposite cone. The partner has 1 touch to control the ball as close to the cone as possible. The yellows then follow the same exercise and the closest ball to the cone wins the point. Play first to 5 wins. Rotate teams so they play various games against others.

ORGANISATION

Separate players into teams of 2. Place 2 cones 25 yards apart.

PROGRESSION

No progression to this activity.



COMMENTS AND COACHING POINTS

1) Hips in direction of the pass; 2) Lean back slightly; 3) Connect with the bottom of the ball; 4) Follow through low; 5) Shoulders and head up; 6) Arms out for balance; 7) Follow through short swing.

Passing and Interception



OBJECTIVE:

The aim is to prevent the ball being passed from one side of the grid to the other. In the diagram it shows the yellows in possession of the ball with the blues trying to prevent passes being completed across the middle zone to the red team.

ORGANISATION

3 teams of 4 players (numbers may vary but always make sure there are only 4 defensive players). Balls at the feet of the coach, after an incomplete attempt to cross the ball is played to the opposite team.

PROGRESSION

Allow defenders to pressure the ball outside of their restricted zone. Maintaining good defensive shape.



COMMENTS AND COACHING POINTS

1) Communication; 2) When to step and pressure the ball, rotation of defensive shape.; 3) Speed of approach and timing of step.

5v5 Pass to Release



OBJECTIVE:

The ball is played to the yellow team to attack the goal defended by the red team. If they score they get another ball back from coach and attack again. If the reds win the ball they have to complete 5 passes then play a long ball into the blues. The blues then enter the field and attack the yellows and the goal. The reds become the target players.

ORGANISATION

3 teams of 5. 2 teams inside the field with the blues in the diagram above lined up along the half way line. 1 goal and keepers rotate. Balls in the goal and at the coaches feet for quick restarts.

PROGRESSION

1) Limit touches; 2) 1 touch finish.



COMMENTS AND COACHING POINTS

1) Attack at speed; 2) Get shot off early; 3) Immediate pressure on the ball after turnover; 4) Find targets early to release pressure.