

Ball Manipulation (10 mins)

Juggling on arrival, feet and thighs

Warm Up:

Ball each dribbling around the area, use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot , outside/inside foot dribbling.

Fake One: L-Turn

Fake Two: Scissor

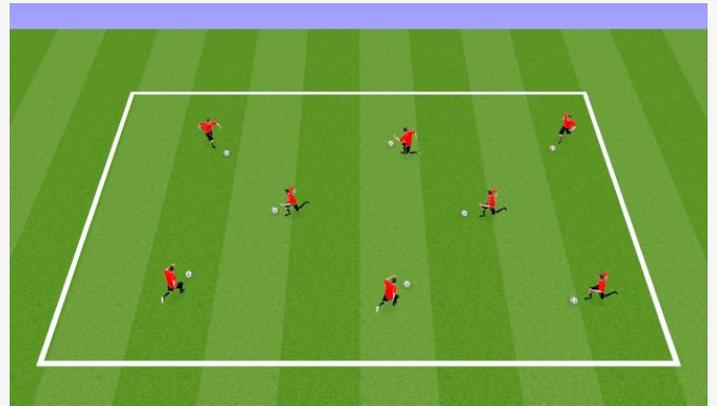
Aim:

Improve ball manipulation

Increase spacial awareness

Coaching Points:

- i. Head up, see field feel ball.
- ii. Close control in traffic
- iii. Change of speed and direction
- iv. Different surfaces of feet.



Relay Races

Relay Races -

In even teams - no more than 4 per team - players line up waiting for the coaches command. On 'GO' the first player dribbles out around the far cone and back. Next player can only go once their team mate crosses their starting line.

Every player has a ball at their feet - encouraging a positive first touch out of their feet when it is their go.

Conditions for races - Each race can bring around different challenges -

Right foot or left foot only

Do a skill move on the way out / back in

Do a soccer related movement at the far cone - 5 top taps/juggles/foundation moves

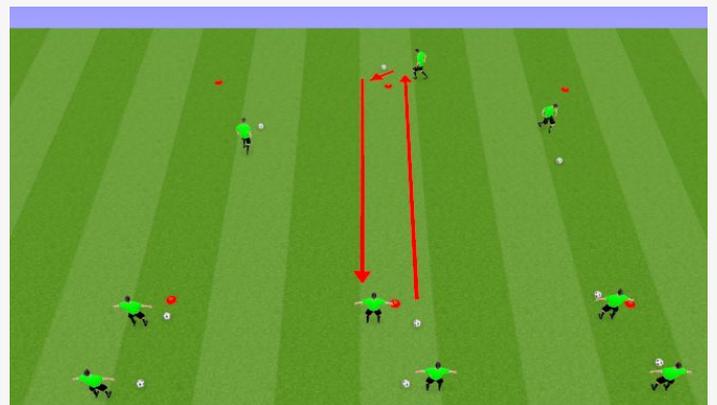
Inside touches or outside touches only

Coaching points -

Moving the ball with speed means bigger touches to attack the space but it needs to be close when turning the corner

Head up to see where you are going

Concentration - be ready to attack when it is your go



passing 1v1 Warm up

Passing back and forth with a partner, on the coaches command who ever has the ball takes on their partner/defender and tries to dribble over the line behind their partner.

If the defender wins the ball, they try and score on the opposite line.

Constantly moving around the area, the person with the ball needs to be alert to what line they have to attack as this constantly changes.

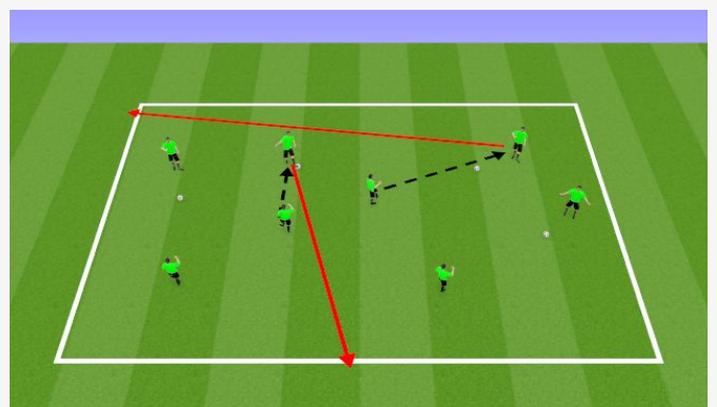
Coaching points

Passing

Locked ankle - planted foot - strike middle of the ball - hips facing target - follow through

Dribbling

Lift head to find space and see where the defender is - attack the space with speed - close control to protect it - bigger touches to attack the space and get away from defenders



King / Queen of the Ring (15 mins)

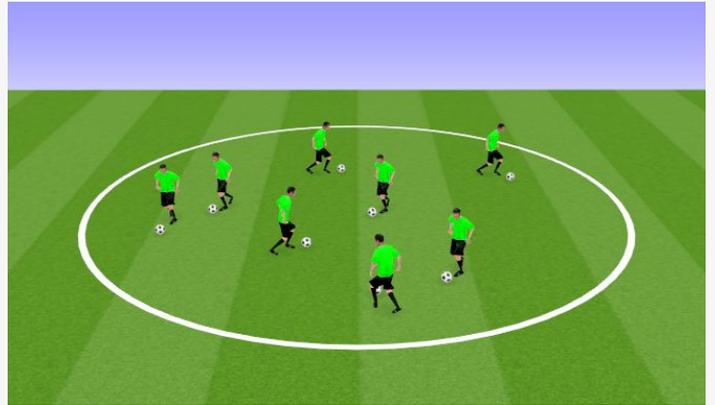
Description:

In a large enough circle every player has a ball and is dribbling around, keeping close control. On a command they start to challenge each other while protecting their own ball. If their ball leaves the circle they are out, need to do 10 toe taps in order to get back in to the circle.

Progress – If your ball goes out of play then you are out. Winner is last person in the circle, with their ball in play.

Coaching Points:

- Developing various manipulation skills
- Keeping ball within 'mastering' distance (close control)
- Ensure both feet are being used
- Head up, find space



Scrimmage

Let them play but reiterate what was covered in the session

