

Ball Mastery (10 mins)

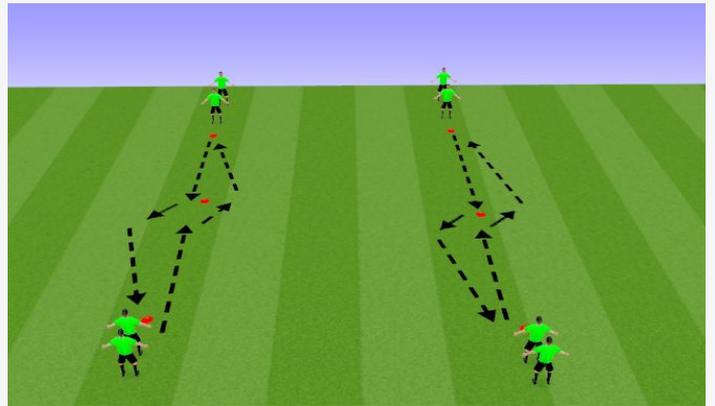
Players begin opposite each other, 20 yds apart.
Drive towards each other, at the right distance, do specified move and accelerate out.

Equal time on R/L foot.

- Fake/take - drop left shoulder take ball without side of right foot
- Scissor
- Rollover - sole of foot moving the ball across your body then touching it in front using other foot

Coaching Points

- controlled touches towards partner
- head up to identify distance/space/pressure
- quick, effective move
- change speed/direction



Face Off (20 mins)

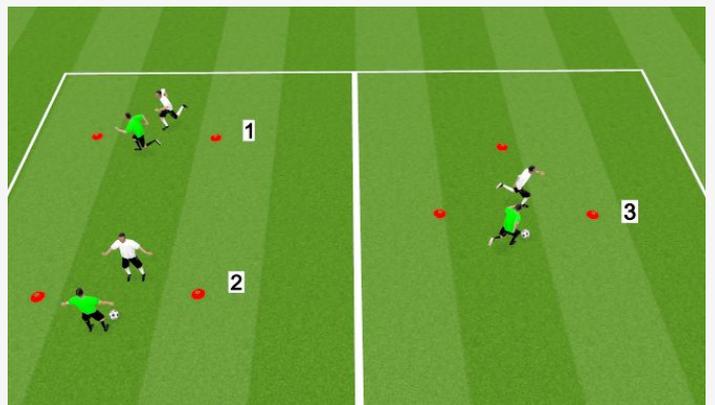
Set Up:

1-In pairs no ball - 1 player is the attacker and one is the defender. The attacking player tries to fake out the defender in a race to either cone and scores by touching cone first, defender stops the attacker by touching the cone first. Each time a point is scored, restart from middle of cones. Swap roles each 30 seconds

2-Attacker has ball and defender must touch cone with foot to stop attacker from scoring; small touches, fake out defender, use speed

3- Introduce a third cone behind defender worth 3 points - can you off set defender to create a gap to attack and penetrate the space to get to cone behind. Swap roles every 60 seconds

Coaching Points: eye on opponent, watch defender, feel ball, change direction and speed, lateral movement then penetrate with dribble. Do not stand still, always moving to move the defender.



Speed and Control (20 mins)

Organization:

20 x 20 yard box with at least gates randomly placed inside.

Every one with a ball - every player is to move ball with speed around the area trying to get as many gates as possible - close control - changes of speed and direction

Progression -

In pairs players will compete to run through as many gates as possible without getting tagged. One player will start slightly in front of the other to give a small advantage. both players have ball

Progression 2 - only the leading player has ball - tagger does not.

Coaching Points:

- Attacking players should be unpredictable and change directions as much as possible.
- Defenders must go through the same gates as the attacker before tagging them.
- Both players must run/dribble with their head up.



1v1 to end zone (15 mins)

Set up: In lanes / channels 5 yards wide and 10 yards long players will be in pairs - 1 attacking and 1 defending - 1 ball between 2

Aim:

- 1v1 to end zone - player with the ball tries to beat the defender and stops the ball on the other end line. Swap roles after each point scored. If the defender wins the ball, they attack the end line where the initial attacking player started.

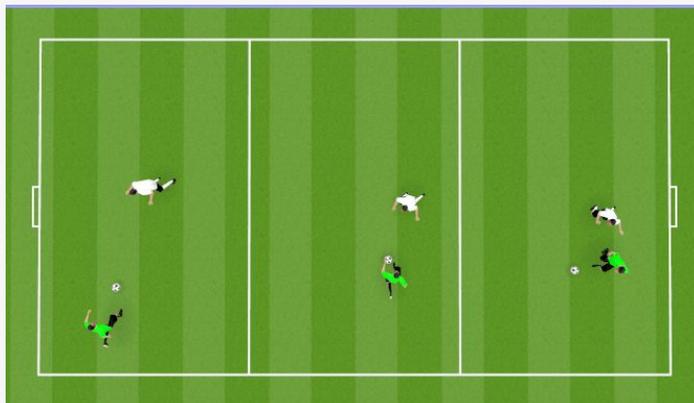
Coaching Points:

Move ball to make it unpredictable for defender

Get around defender with speed

Close control

Attack the space



Triple Wide Goal (20 mins)

Organization

Two teams, 3 goals each side.

Teams must score in any one of their opponents goals by dribbling or passing ball through goals. Once a team scores, possession goes to the team that just got scored on.

Coaching Points

Recognize the need to switch play/change direction of attack if the goal you're heading to is blocked.

Can attacking team move the ball quickly in order to stretch the defense.

Attack defenders with speed

Identify (head up) where the space is and how to get there with speed

