

Description

UKE MA Staff Training Session

Ball each Warm Up (10 mins)

Set Up:

Ball Each inside square

1. Ball mastery - dribble and accelerate past cone with laces contact to push ball into space
2. Dribble slowly and 3 juggles at each cone, striking the bottom of the ball with laces, trying not to make the ball spin. the ball should not spin in the air.
3. Juggle with ball bouncing once between each touch

Aim:

Improve players individual technical skill

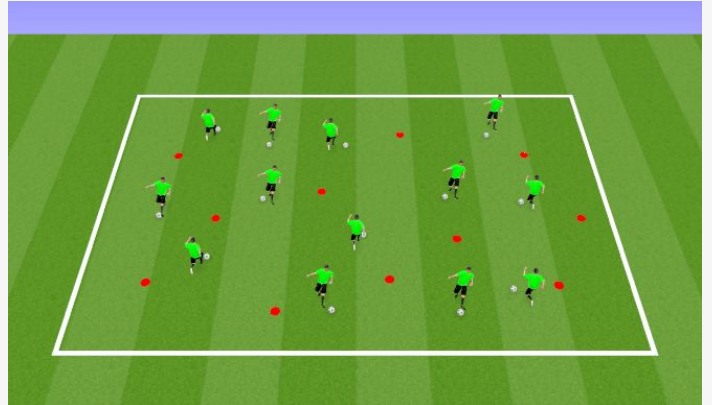
Focus on use of laces

Coaching Points:

Dribbling - Head Up, Awareness, Change Speed with laces contact

Juggling - Laces contact, ankle locked reduce spin

Juggle/Bounce - timing (when ball is dropping) laces on center of bottom of ball, follow through



Shooting Game (20 mins)

Field is split into 3rds - Split the players into 2 teams - Players have a ball each and dribble in middle third - Each team numbers themselves 1-6

Phase One: One team attacks goal number 1 and the other team attacks goal number 2.

On verbal command (Number One!) both number 1's attack their goal and hit a shot

Phase Two: Give the 2 teams a team name - ie United and Rovers

As before except when coach calls a certain teams name first and then a number - that player attacks their goal and the opposition number becomes a defender for example - If the coach shouts United 1 that United number 1 player attacks their goal, while Rovers number 1 leaves ball and tries to defend. If the attacker scores they win a point. If the defender wins the ball they win the point.

Phase Three:

Add keepers (rotate)

Aim:

Improve weight and accuracy of the shot

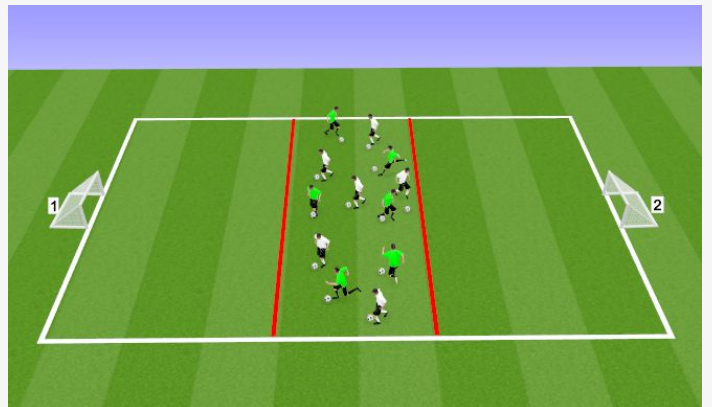
Increase awareness and speed of play in the final third

Coaching Points:

1. Ankle Locked
2. Plant foot pointing at target
3. Laces through center of back of ball
4. Follow through for power

When defensive pressure is introduced:

5. Positive first touch to prep for quicker shot on goal
6. Awareness of keeper position



Four Goal Game (25 mins)

4 goal shooting game - In an appropriate sized field there will be 1 goal on each of the 4 sides of the field.

Split your group into 3 teams - Team 1 v Team 2 (team 3 in goal)

First team to score 3 wins, winning team choose to stay on or go in goal

Aim:

Improve players technical ability to shoot

Improve players tactical decision making and awareness

Improve players confidence

Coaching Points:

Accuracy - Keeping the ball down - strike through and follow through on the ball

Awareness - where is the best goal to score in - is a team mate in a better position

Attitude - work hard on and off the ball to help your team



Scrimmage (Conditioned) (30 mins)

2 teams play a scrimmage

1 goal for attempting a shot on target from shaded area, 2 goals if it goes in

1 touch for attackers in last third / near the goal - can they get into and adjust their bodies to be in goal scoring opportunities close to goal

(last 10 minutes get rid of all conditions and let them play)

Aim:

Players apply technical and tactical learning from the session

Coaching Points:

Recap on all that has been covered in the session

