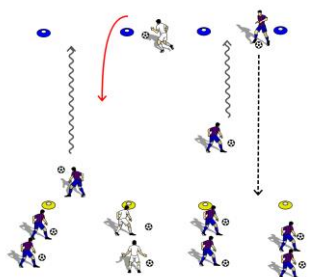
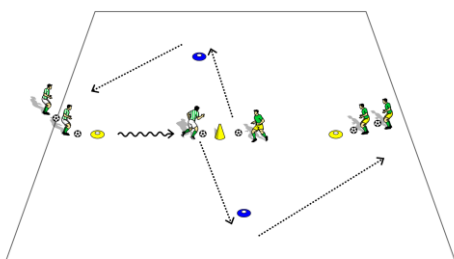


OBJECTIVES- Ball Mastery



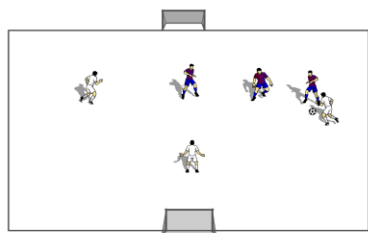
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TECHNICAL WARM-UP

Grid Size: 20x30 Duration: 15 Mins

French Dribbling

Groups of 2-3 players max in each line, cones 10 yd apart
Player A dribbles to blue cone using different parts of feet.
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
When Player A gets back to start Player B can proceed
Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.

ACTIVITY 1 Ball Mastery

Grid Size: 20x30 Duration: 15 Mins

Players from opposite sides dribble at each other towards the cone in the middle of the grid. Players perform the same move and accelerate right or left around the outside cone.

Moves to perform- Scissors, Step Over, Stop n Start, Inside Outside

COACHING POINTS / KEY CONCEPTS

Make sure players are going at the same time and performing the same move. Go slow - perform the move correctly and then accelerate away

ACTIVITY 2 3v3 to cone goals

Grid Size: 20x30 Duration: 15 Mins

3v3/4v4. Play for 4 minutes or until all the balls are knocked off the cones.
Balls are placed on top of the cones for the players to knock off. If one of the moves is performed before a goal is scored then that goal counts 3 points.

To start is unlimited touch, then change to 3 touch. Next Progression is teams must connect 3 passes before they are allowed to score a goal
Coach can also limit touches to allow for more passes

COACHING POINTS / KEY CONCEPTS

Find and attack the open space with speed. Heads up

ACTIVITY 3 3v3/4v4 game

Grid Size: 20x30 Duration: 15 Mins

3v3 games

Coaches should encourage the Players to try and perform the moves practiced earlier.

Teams must connect 3 passes before they are allowed to score a goal
Coach can also limit touches to allow for more passes

COACHING POINTS / KEY CONCEPTS

Look for an open teammate to pass to so they can shoot and score
Heads up, look for open spaces to attack.