



Ball Familiarity

Category: Technical: Ball Control

Difficulty: Beginner

Michael Caine, derry, United States of America
Individual-Adult Member

Description

The aim of the session is to improve the players ability, and become more comfortable with the soccer ball

Warm up - freeze game (10 mins)

Organization 20 x 20 square freeze game
every player should have a ball at their feet.
players need to dribble, trying to keep the ball close.
Coach gives commands, Feeeze = stop and Turn = change direction

Encourage players to use all surfaces of the foot

Coaching Points

1. Can players keep the ball close to them
2. When turning can we use a different surface of the foot to change direction?

Progression 1

Can we add a coach, as a defender?



SAQ (5 mins)

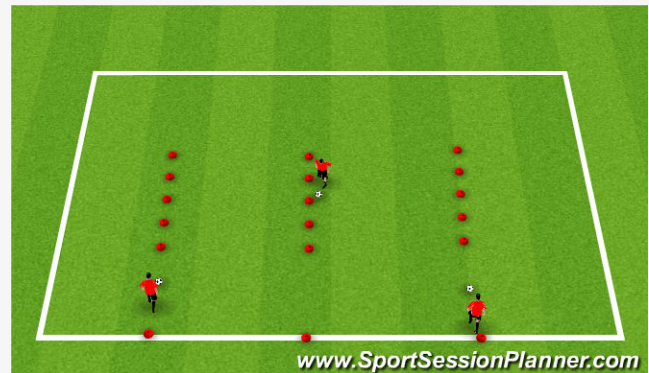
Players must dribble through the cones, trying to keep the ball close to them.

Each player to repeat 3 times.

1. Any foot any surface
2. Right foot only
3. Left foot only
4. Inside only

Coaching Points

1. Close control
2. Correct surface



Robin hood (5 mins)

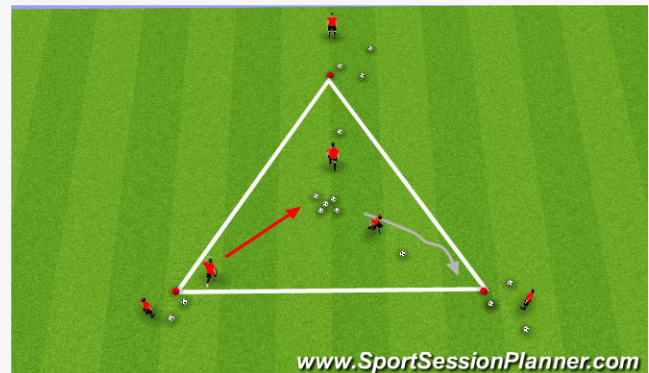
Organization each side of the triangle is 15 yards. all the balls should be in the center

aim is for the player to run up collect a ball and dribble it back to their corner.

next player leaves when the returning ball is still, at the corner

Coaching Points.

1. Close control
2. Can we use different surfaces to turn with the ball?
3. Encourage quick turns.



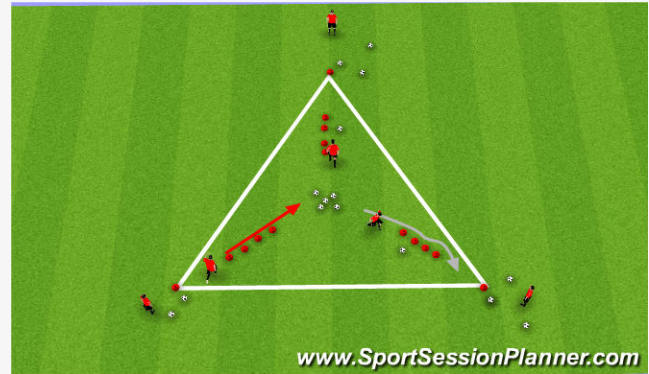
Progression 1 (10 mins)

Progression 1

add cones into the area to give it a more challenging theme
encourage players to turn quick

Coaching Points

- 1.Close control.
- 2.Turn head up, see where the cones are.
- 3.Can we use a different surface to turn
 1. left foot only
 - 2.right foot only
 - 3inside/outside only



Screen Game (30 mins)

Organization 20 x 20 square with two goals

Talk briefly about defending and attacking
encourage players to dribble the ball

