



Ball Control - First Touch

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

Description

Ball control focused on first touch

Warm up (10 mins)

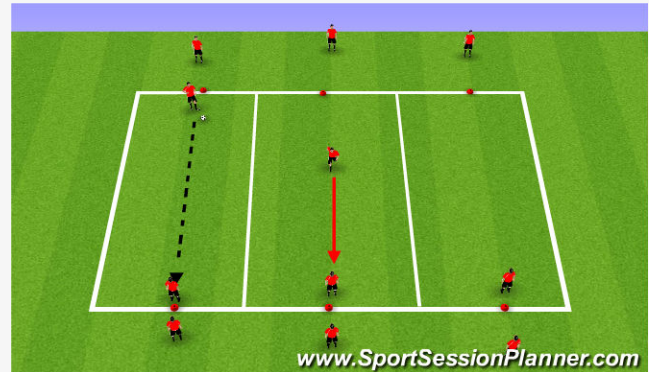
Organization 30 x30

Players are split between the 6 lines.

players pass and follow the ball, try and keep it to two touches only.

Players must try and only use the inside of the foot for both control and passing

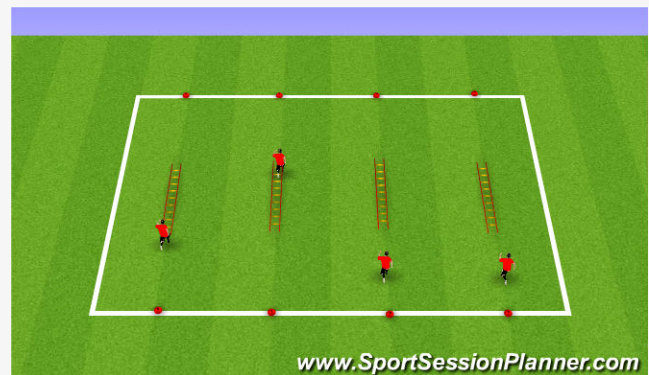
Add dynamic stretches High Kness,heel flicks,open the gate,kick through and windmills



SAQ (15 mins)

4 Lines

1. fast feet
2. bunny hops
3. hopscotch
4. two forward one back



Technical (10 mins)

Organization 30 x30 with 1 player at the center.

Each player has a ball on a cone, they pass the ball to middle player who has a command from the list below. switch players every 1 minute, passes should be quick and controlled

Command

1. touch and pass back to the same player
2. Turn with the inside of the left foot,then pass to the player you are facing, he will pass his ball at the same time.
3. Turn with the outside of the left foot and pass to the player
- 4.turn with inside of the right foot
5. turn with the outside of the right

Coaching Points

1. At contact with the ball ankle should be locked,but relaxed so to push the ball back in the direction it came from.
- 2 After contact quick look up to team mate,look back at the ball to strike it well.
3. If moving the ball to the side, we should push the ball in that direction gently to help us keep it down to 2 touch only.



Technical expanded (15 mins)

Organization The letter W. 20 yards between cones

Players pass in order, and follow there pass, cone 5 dribbles to cone 1.

After completing rounds 1 and 2 switch so we are using opposite feet.

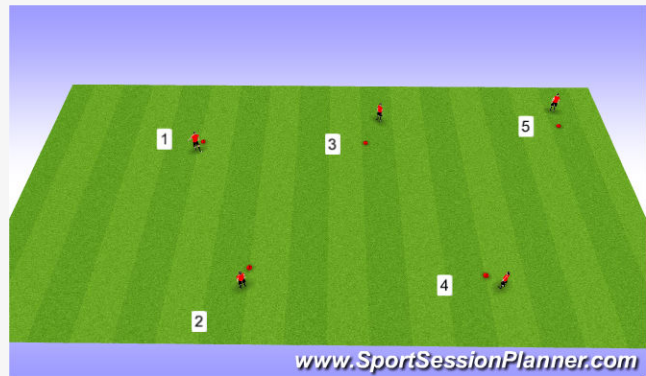
Round 1

1. can we meet the ball, and take a positive touch eg.can P2 meet the ball before it hits the cone in front, also can we push it towards P3

Round 2

1.Can we receive the ball behind the cone and use either the inside of our left or the outside of our right to push the ball behind the cone.

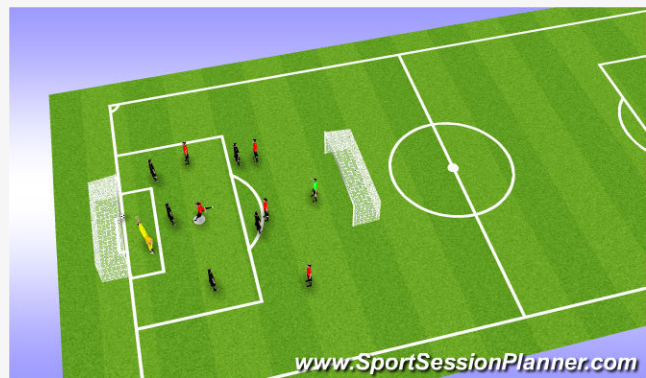
Coaching point - after touch, quick look up to establish where my next pass needs to go.



SSA (15 mins)

Small field 30 x30 5v5 first to two goals, winner stays on.

Two touch only, all first touch must be positive when possible



Game (15 mins)

Regular game

Formation 2-3-2

encourage attacking play

positive first touch

aggressive play

