



Ball Mastery U12

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

Description

Ball Mastery Session

Warm Up (10 mins)

Organization

40 x 40 square - everybody has a ball at their feet.

Players dribble around inside of the square trying all different tricks, juggles a turns

Start at 50% increasing the tempo as the warm up progresses.

Add Dynamic stretches. High Knees, Heel flick, open the gate, kick through and windmills.

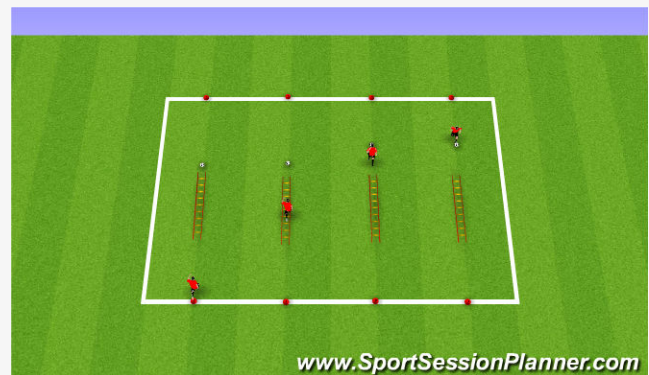


SAQ (10 mins)

SAQ

Players complete fast feet, then dribble the ball up to the cone, turn sharply and return the ball.

1. Two feet in each
2. Bunny hops
3. Hopscotch
4. Two forward one back



Technical (10 mins)

Organization 16x24 (each box is 8x8)

Each player has a Ball, no more than 2 players in a box.

Players are asked to dribble the ball inside the box, Keeping the ball close to them.

Coach gives various commands :-

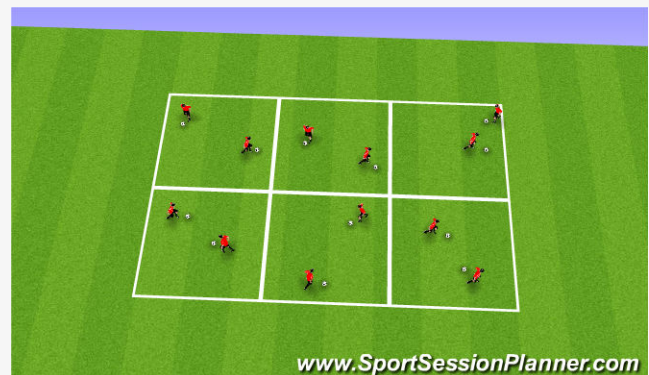
1. Any Surface.
 2. Inside only
 3. Outside only
 4. Soles Only
 5. Left foot only right foot only
- Then move onto commands such as Turn (using only the commands from above).

Coaching Points :-

Head up. Where is the space?

Close control.

Sharp turn.



SSA (15 mins)

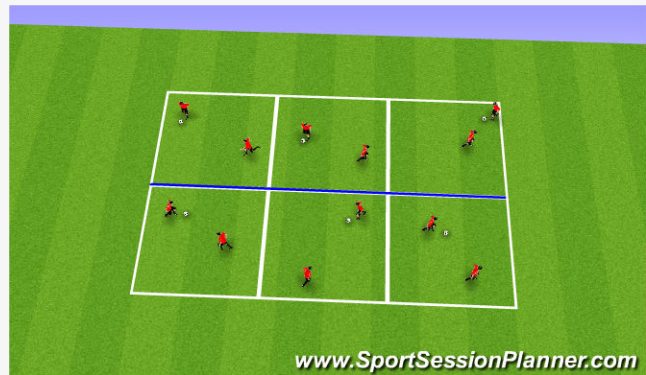
Organization Same as before.

1 player has a ball, The Second player is jogging around the square.

When the coach shouts play, the player with the ball has to try and dribble across the designated line (blue).

Coaching Points

1. head up quick where is the space?
2. accelerate quick decision.
3. can we keep close control of the ball
4. can we be creative? footskills.



Expanded SSA (15 mins)

Organization The Line Game

same as before 16 x 24 split down the middle to create 2 fields

Aim is to dribble past the line, that the opposition is defending.

Coaching Points

1. Head up where is the space?
2. Close control - narrow field
3. Creative? 1-2?
4. Aggressive



Game (15 mins)

Game Formation 3-3-1

Encourage attacking Play from defenders

Can we be creative in the correct areas?

Smart decisions

