



Ball Mastery

Category: Small-Sided Games

Difficulty: Moderate

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Individual-Adult Member

Description

Ball mastery and becoming more comfortable on the ball

Warm Up (10 mins)

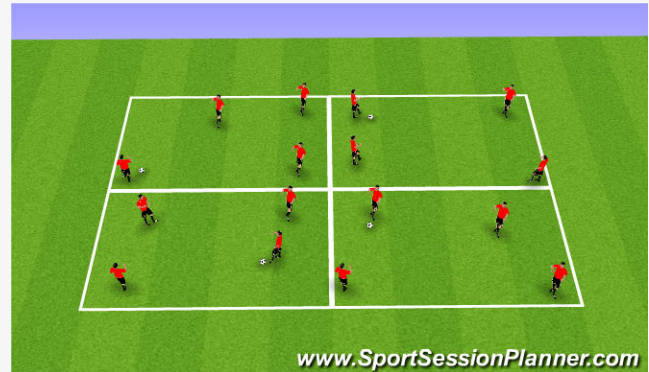
Organization

Create a 40 x 40 square. split into 4 squares

Inside each square have 4 players and 1 ball.

Players must play 1 touch pass and move around their small square, encourage players to move the ball quickly and try little flicks and tricks.

Add dynamic stretches, High knees, heel flicks, skipping, kick through, opening the gate and windmills



SAQ (15 mins)

Organization

Create 3-5 lanes. split team as best as possible,.

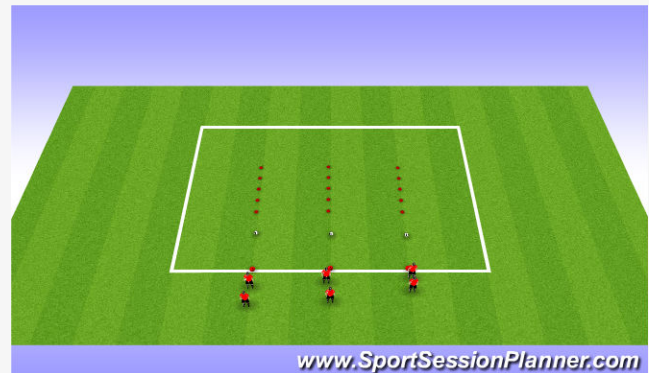
Players must dribble through the cones.repeat 3 times.

round 1 right foot only

round 2 left foot only

round 3 inside only

round 4 outside only



Close Control (15 mins)

Organization

40 x 40 square.split group into 4 teams

inside the area scatter as many cones as possible.

Players must dribble upto a cone and complete a full circle around the cone, keeping the ball as close a possible.

Players compete to see who can do the most in 1 minute.

round 1 right foot only

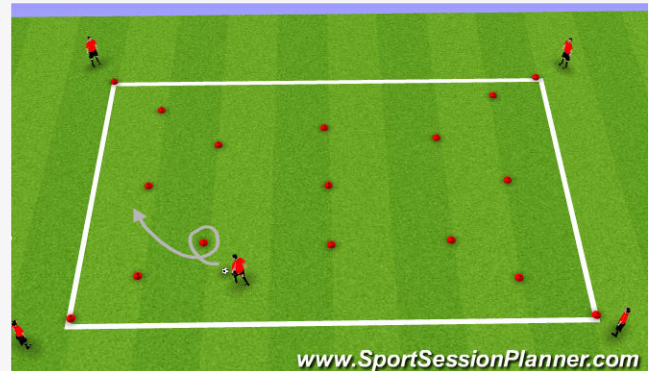
round 2 left foot only

round 3 inside only

round 4 outside only

Coaching Points

1. close control - keep tight to the cone
2. can we explode after movement
- 3.strong finish always at high speed.



2v2 to goal (20 mins)

Organization

40 x 40 square split into two fields

players play 2v2 with two teammates waiting to play.

if your team scores, then you switch with your teammates.

Coaching Points

1. quick transition from offense to defense.
2. speed of play - can we attack at high speed
3. solid defensive positions
4. creative movement - flicks and quick movement



3v3 Game (20 mins)

Organization

40 x 40 square, as set up before, just add extra field player

Caching Points

1. quick transition from offense to defense.
2. speed of play - can we attack at high speed
3. solid defensive positions
4. creative movement - flicks and quick movement

