



Ball Mastery U8

Category: Technical: Ball Control
Difficulty: Beginner

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Description

U8 Ball control

Warm Up

Organization

20x20 square each player has a ball at their feet.

Coach gives commands to players

1: Players must use their right foot to change direction

2: Players must use their left foot to change direction

3: Players must switch balls with another player



SAQ

Line 1 bunny hops

Line 2 side to side

Line 3 two feet in each space

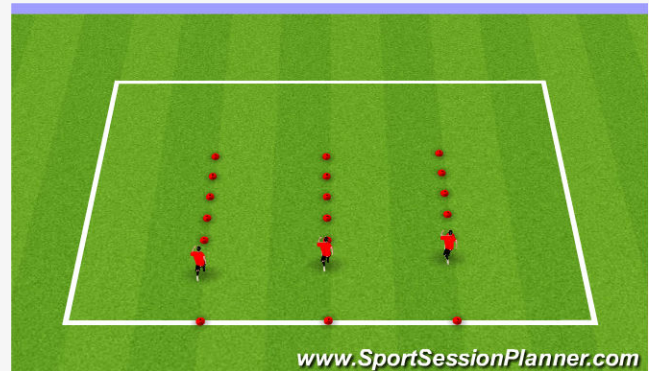


Figure 8

Organization

20x20 square

Coach will set up two cones for each player, the cones are 1/2 a yard apart.

Players must complete a Figure 8 Pattern moving the ball around the cones

can we keep close to the cone at all times

Each round should last 40 seconds then rest for 20 seconds

Complete each round twice

Round 1 Either foot - Any surface

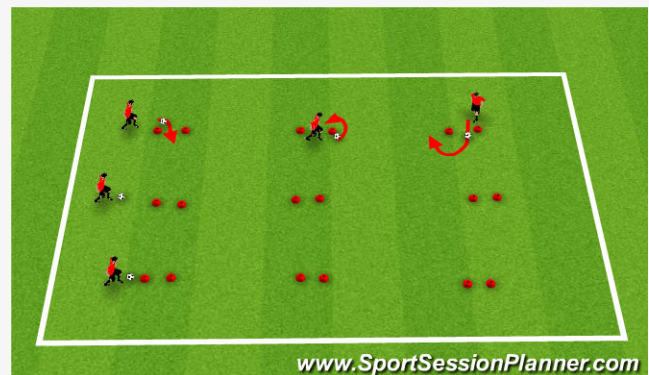
Round 2 Left foot only - Any surface

Round 3 Right foot only - Any Surface

Round 4 Either foot - inside only

Round 5 Either foot - soles only

Round 6 Either foot - Outside only



Numbers game

Organization game

20x20 square with a goal at each end

divide group into 2, then number each player 1 through 5

coach calls out a number - then they go 1v1 and try to score a goal.

Coaching Points

1. out quick - concentrate

2. can we perform a quick skill or move the ball away from the defender

3. Attack the goal - head up see where it is.



Game

Organization

Same as before.

encourage 1v1 attacking.

