



U6 Ball Mastery

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

Warm up

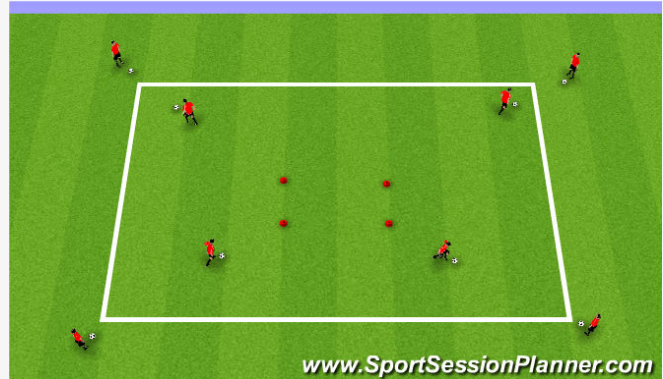
Organization

Create a 20 x 20 square - with a 5x5 box inside.

Split the players between the 4 corners - players will dribble up and around the top cone before switching with their teammate.

Coaching Points

1. Can we use 4 surfaces of our feet - Inside, Outside, laces and soles
2. Can we role the ball forward and try to stepover the ball?



Technical -Through the gates

Organization

20 x 20 square - remove 5x5

Add several gates inside the area.

Players must dribble through as many gates as possible in 1 minute, then switch

Coaching points

1. Can we use all the surfaces of our feet?
2. Can we keep our head up and see where the gate is?
3. Can we get through all the gates in 45 seconds?



4v4 Game

Organization 20 x 20 square 4v4 players (extra players can sit or rest)
1. Can we see the space - and attack it with a dribble?
2. Can we support our teammates? move into space.



Q+A

Q1. If my team mate has the ball should i move closer to them?

A1. No, can you find some space? so that your teammate maybe able to pass you the ball?

Q2. Should i look at the ball or should i try and look up when dribbling?

A2. Try and look up, then you can see where the space is, you can also see where the defenders and teammates are too.

