



Academy Night Training Session

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

6 skill stations

Dribbling - close control Field 1

Organization

20 x 20 square with 14 cones spread around the inside of the square.

Each player needs a ball

Players should dribble around the square trying to avoid the cones inside.

Aim of the Drill -

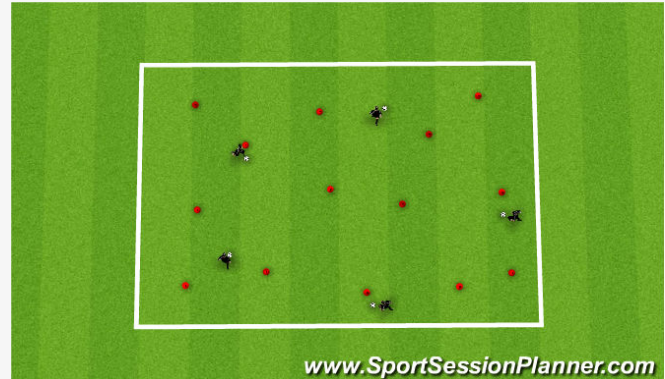
The aim is to help develop players ability to control the ball close to there body.

Coaching Points -

1. Can we keep the ball close to us, when we are next to the cone.
2. Can we get our head up and find space? and avoid the cones

Progressions

1. Either foot can be used to dribble the ball
2. Right foot only
3. Left foot only
4. Can we dribble at the cone -then use our sole to roll the ball away from danger?
5. Can we go around the cone without touching the cone - see how close we can get without touching it.



SAQ Field 2

Organization

2 Ladders set up with a ball about 5 yards after the ladder

Players complete the ladder then complete the desired ball skill

Aim of the Drill -

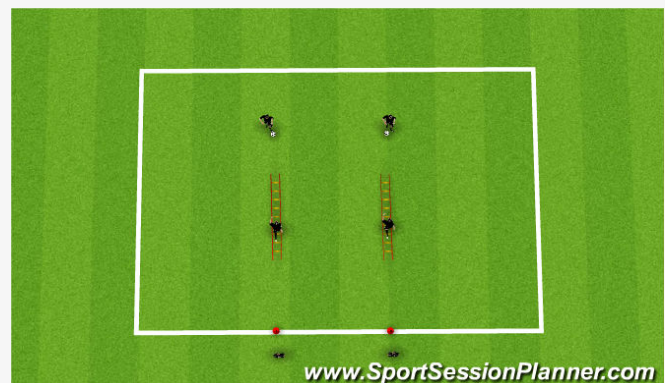
To help develop fast feet and individual player speed

Fast feet skills

1. 1 foot in each
2. 2 feet in each
3. 2 forward 1 back
4. Hopscotch

Ball skills

1. Toe taps
2. Pendulms
3. Throw and control with the laces
4. 5 inside and outsides



Turning Field 3

Organization

20 x 20 square with a cone in the center, with a 5x5 square surrounding the cone.

Split the group up into 2 or 3 lines, each player needs a ball.

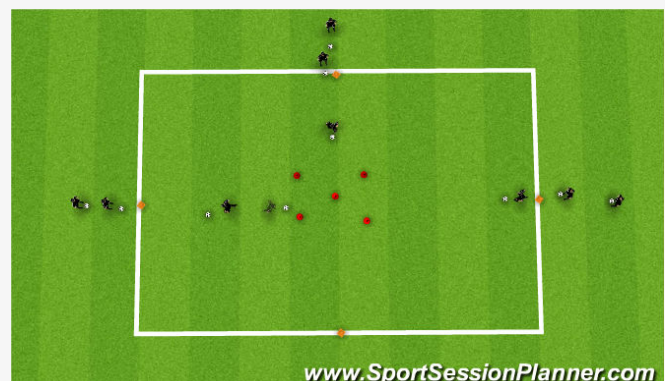
Players will need to dribble up a complete a turn once they reach the middle square. the player will then dribble back and the next in line will go.

Aim of the drill -

Is to help develop the players ability to tur and change direction quickly, while keeping the ball under control

Coaching Points

1. Can we keep the ball under control, when dribbling forwards
2. Can we get our head up and recognize where we are - and make the turn?
3. Once we have completed the turn, can we accelerate away at speed - to get separation from the defender?
4. Can we keep the ball under control as we return?



Turns

1. Inside hook 2. Outside hook 3. Dragback 4. Cruyff Turn

1 v 1 Field 4

Organization

20 x 20 square with a goal at each end. The coach will have the balls, and will distribute them into the game.

Split the group into 2 teams, have them diagonal to each other. The coach will throw a ball in and shout "go" the first two players will run and play 1v1 and try and score in the goal furthest away from them

Aim of the drill

To help develop the player's ability to run with the ball and to attack defenders in a 1v1 situation

Coaching Points

1. Out quickly to the ball, can we recognize space where to attack?
2. Get the ball under control and quickly make a decision on what to do next. - if we are in control of the ball can we attack the goal? if we are defending can we delay the forward and push him away from the goal.
3. Can the attacker perform a foot skill? and beat the defender? if so can we then score
4. If the defender wins the ball can we attack and score?



Passing and receiving Field 5

Organization

20 x 20 square create as many channels as needed. Split the group up into pairs, each pair needs a ball.

The players will pass the ball back and forward to each other using the inside of the foot. Players must have at least 2 touches each.

Aim of the drill

To develop the correct technique of passing the ball and controlling the ball with the inside of the foot.

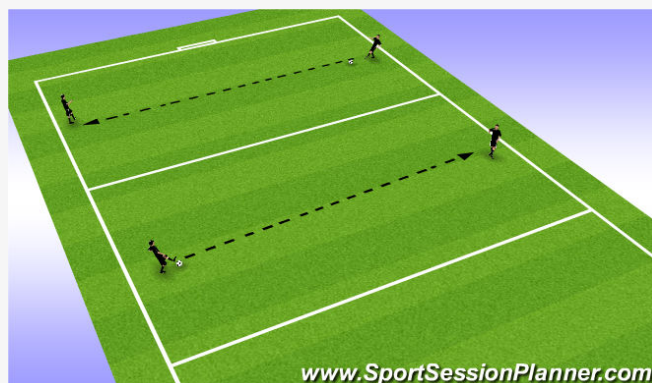
Coaching points

First Touch

1. Is the player on their toes ready to receive the ball?
2. Players should receive the ball with the inside of the foot - the foot should be a couple of inches off the floor, level with the center of the ball.
3. Players should watch the ball the whole way to their foot, ankle firm and angled to push the ball away from them.

Passing -

1. Before striking the ball, the players need to place their non-kicking foot next to the ball - with a small gap between the ball and the foot. Toes should be facing the where they want the ball to go.
2. Using the inside of the foot, the players must strike the center of the ball, with the center of the foot.
3. To gain additional power, players should swing their foot backwards, and follow through after making contact with the ball.



2 v 2 Field 6

Organization

20 x 20 square with a goal at each end. The coach will have a the balls, and will distribute them into the game.

Split the group into 2 teams, have them diagonal to each other. The coach will throw a ball in and shout "go" the first two players from each line will run in and play 2v2 and try and score in the goal furthest away from them.

Aim of the drill -

To develop player's ability to make decisions in an attacking situation, pass, shoot or dribble. It will also help develop player's ability to defend in as a pair.

Coaching Points

1. Do we shoot, pass or dribble? or if we are defending do we close the player with the ball?
2. Can we support our team mate - create space? separate if we are attackers, work together if we are defenders?
3. If the defending pair win the ball, can we counter attack? and can the other two reorganize and defend.

