



Multi Team night - Ball Control

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

Session plan based upon Ball control and receiving the ball and turning

SAQ - on Arrival (10 mins)

Organization

Each team will run their own SAQ drills inside their skill squares.



Skill Squares - Juggling (5 mins)

Organization

Create a 20 x 20 Square and divide that into 4 areas, no more than 4 players in a square - each player needs a ball.

Players are encouraged to keep the ball in the air, using their juggling ability. (No Heading). Players can use their feet, thighs, chest - any part they want can we encourage tricks too - help creativity.

Can we encourage players to beat their high scores.



Ball Control - Techniques (20 mins)

Organization

20 x 20 square - split teams into two groups and give each group 1 ball and number them 1 or 2 (or pinnie them).

Start with the 1's on the outside of the square with a ball.

The player on the outside will loft the ball up to their teammate who must control it and pass it back. The player in the middle repeats with a different partner, each group works for 1 minute

Follow this order

1. Passing and receiving with the inside of the foot - this will help them understand how the drill works.
2. Control with the laces 3. Control with the thigh 4. Control with the chest

Techniques -

1. Players receive with the inside of the foot - and pass it back - encourage players to watch the ball all the way to their foot. Make sure that they get in line with the ball
2. Laces - on our toes ready to receive - Watch the ball the whole way to your foot - Ankle locked, as the ball makes contact we should move our foot away and try to cushion the ball down (we are not trying to catch it) so that it rolls in front of us. Finally can we be prepared for contact from other players who are trying to win the ball.



3. Thigh control - on our toes ready to receive - Watch the ball the whole way to your thigh - The players want the ball to make contact with the center of their thigh - the players need to bring their knee up towards the ball stopping before it makes contact - as it makes contact we should bring our leg away in an attempt to cushion the ball, with the aim that it falls down in front of the player. - players should have arms bent at their sides for balance and also to protect themselves.

4. Players should be on their toes ready to receive the ball - arms bent at the elbows for balance and protection - players should watch the ball all the way to their chest - again the player wants to take the power away by cushioning the ball - the player wants to lean back slightly from the waist keeping their balance - legs and feet should be shoulder width apart - as the ball makes contact with the chest players will need to take a small half step backwards to help with balance and keep a strong lower posture - the ball should drop down to the ground below them.

Additional coaching Points - encourage quality in receiving the ball and the pass back.

Ball control - progression (20 mins)

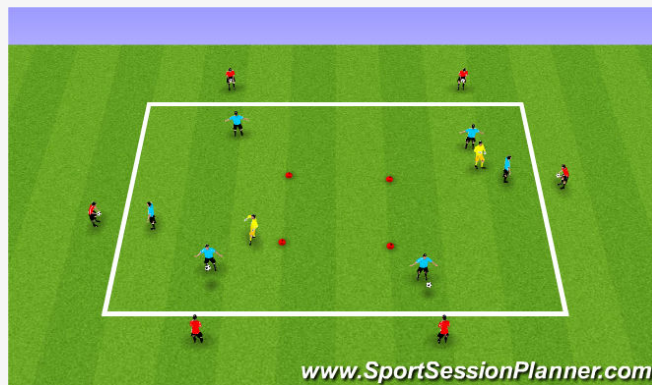
Organization

same as previous setup- add 1 or 2 defenders (yellow) and remove 3 balls

The aim is for the player who is receiving the thrown ball to control and turn with the ball. they must try and find an open player on the outside and pass the ball to them- the defender can not tackle a player who is dribbling - the aim for them is to pressure a player receiving the ball. Players must communicate with their teammate - if a player can turn they shout "time" if under pressure they must shout "man on". If they hear a man on shout they must pass back to player who just threw them the ball.

Coaching Points

1. Quick communication - loud a clear and quick
2. The players on the outside must communicate with players dribbling the ball - players who are dribbling can only pass to some one who calls for the ball
3. If a player takes a bad touch the defender can try and poke it away
4. Constant reminder of techniques
5. As a player is moving towards a player throwing the ball - can we get them to look over their shoulder, see if there is time and space - help the player become aware of their surroundings in case there is no communication.



4v4 Game (20 mins)

Organization

20 x 35 4v4 Game to finish (no GK's).

Encourage positive and creative play - can we attack the other team in 1v1's, can we support our teammates

