



Description

Juggling Warm Up (5 mins)

Give players 5 minutes on their own to juggle.



Ball Toss (10 mins)

Each player has the ball in their hands and will attempt to perform the skill demonstrated. Players should be jogging around the area while performing each skill

1. Player will drop the ball to their laces and they need to volley the ball with their laces back up to their hands. You can tell good technique when they volley the ball back with no spin. USE BOTH FEET

Key points: Toe down, ankle locked, hitting the middle of the ball

Game- Players see how many consecutive times they can use their laces technique with one bounce in between. bounces, laces, bounce, laces would be two consecutive times.

2. Player will drop the ball to their thigh and bounce it back up to their hands.

Key points: Using the middle of their thigh not their knee

Progression:

1. Assign a number to each surface. ie 1 is right foot laces, 2 is right thigh, 3 is left laces, 4 is left thigh. When you say a number they perform that skill. So, if you say 1 they use a right foot laces volley to get the ball back to their hands.

2. Give double or triple digit numbers that they have to do consecutively with catching the ball at the end. So, 143 would be right foot laces, left thigh, left foot laces, catch.



2v2 Transition Game (20 mins)

Set Up

20x15 grid

Instructions

Two players from each team step out when the coach plays the ball in. Coach should play the ball to one of the two teams NOT dump a 50/50 ball in the middle. Teams score by dribbling over the endline. If the ball goes out both teams are off. The team that scores will stay on the field and get a new ball from the coach back where they started and the other team will send two new players. After one team gets 3 consecutive wins they are now King/Queen of the Field and both teams will send out new players.

Coaching Points

1. First touch from the coaches pass
2. Passing technique
3. Passing angles so they are not flat- recognizing when to come back and support or make a run for a ball into space
4. Encourage players to go 1v1 take on the defender even though it's a 2v2. We want our players to be confident in their ability to beat



a defender. Passing is obviously still a great choice too!

3v3 Tournament (20 mins)

Set Up

30x20 grid

Instructions

3v3 to endlines

1 point for 3 consecutive passes and 1 point for dribbling over the endline under control. Have 2 games going on so all players are playing. Play 6 minute games in a round robin style tournament.

Coaching Points

1. First touch away from the defender and in the direction we want to pass
2. Intro to knowing when to pass to space and when to pass to feet
3. Getting support and a high target so we have options back and forward.
- 3.



4v4 Directional (20 mins)

Set Up

Same space. Divide the field into thirds for this portion. Teams are now only attacking two targets at one end.

Instructions

4v4, All players must be in their attacking 2/3 when they score or it does not count. This is to enforce everyone staying connected.

Play 3 minute games then switch teams so there are new targets. Once the score it's a transition moment and the target should play into the other team to start play again.

Coaching Points

1. Find the target as soon as we can without forcing it
2. Getting width and depth from all 4 players so the defense has to spread out, but if they don't we can find our target players.

