

EDUCATE - CONNECT - INSPIRE

Session One: Ball Mastery





WARM UP ACTIVITY: TOUCHES ON THE BALL/SPEEDS



Area: 30 x 30 yards area. All players with a ball.

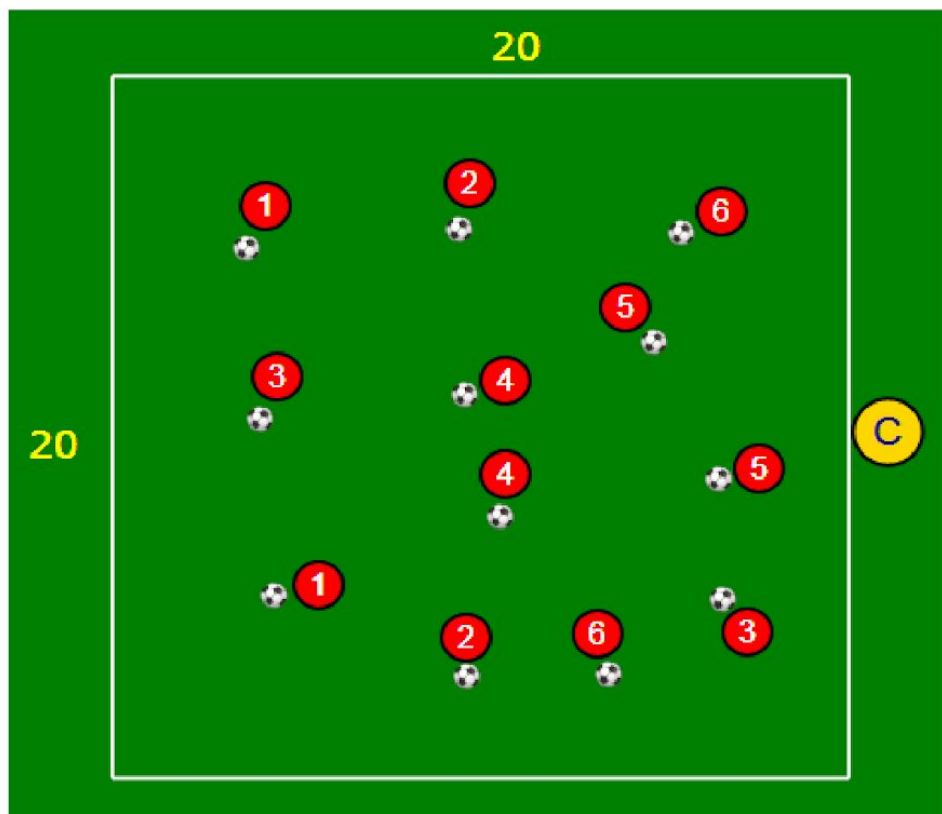
Description: All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

Progression: Add SPEEDS. Players dribble around the area with their own ball:
Speed 1 – Walking Speed 2 – Jogging
Speed 3 – Running Speed 4 - Turbo

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake



ACTIVITY 2: TRAFFIC LIGHTS



Organization: All players must have a ball and must try and stay in the grid

Objective: Players dribble their ball anywhere in the grid. The player must listen to the coach's instructions.

Red light – Stop with foot on ball

Yellow Light – Dribble Slowly with the ball

Green Light – Dribble fast with the ball

U-Turn – Player must change direction (do a U Turn)

Runaway Truck – Coach “tries” to kick balls away from player

Road Works – Player pretends to dribble around holes in road

Crash – Players all roll round with the ball

Helicopter – Player picks up the ball and spins with it on their head, land helicopter put foot on top of ball.

Rail Crossing – Player dribbles, stops, looks both ways and continues.

Keep ball in front of you (2/3 feet)

Keep looking at ball and all around you

Try to dribble in space

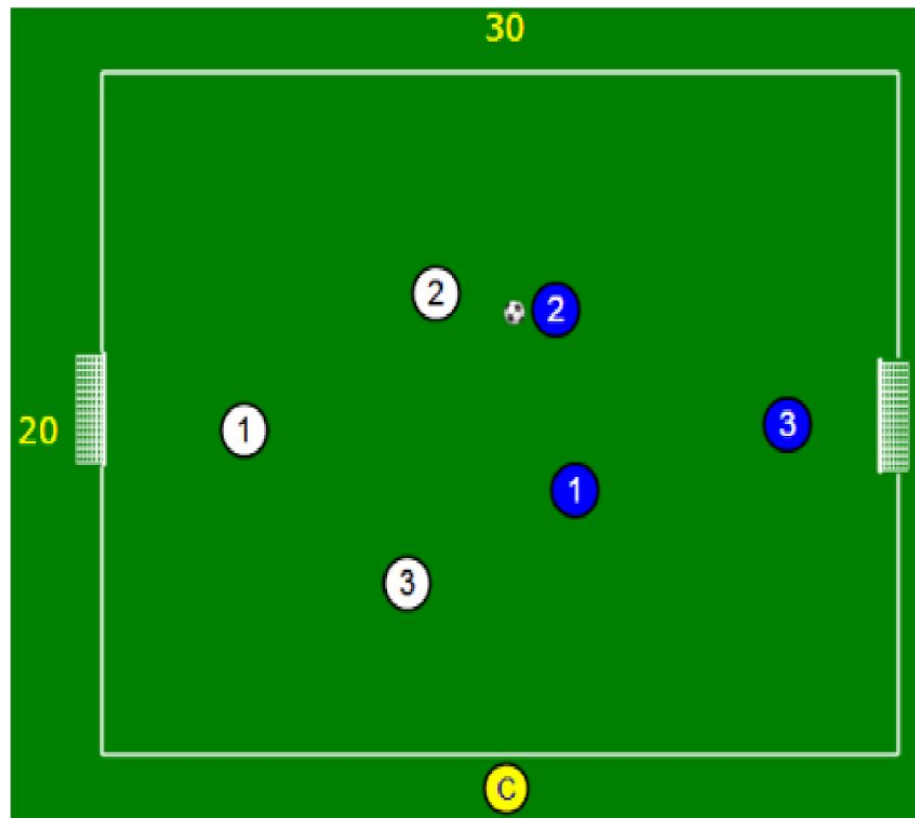
Use sole of foot to stop ball

Try to use both feet

Adjust size of grid to the age and number of players



SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.