

Juggling



OBJECTIVE:

Each player has a ball and moves around the penalty area performing a range of juggling activities supplied by the coaching staff.

ORGANISATION

1 ball per player. Confined to the penalty area.

PROGRESSION

Strong foot - weak foot - alternate feet - alternate thigh
- rt/rt/lf - above head juggle - feet/head/feet/head.



COMMENTS AND COACHING POINTS

1) Eyes on ball; 2) soft touches on the ball; 3) use both feet; 4) Confidence with directional touches; 5) Avoid contact with other players by looking forward.

1v1 Defending



OBJECTIVE:

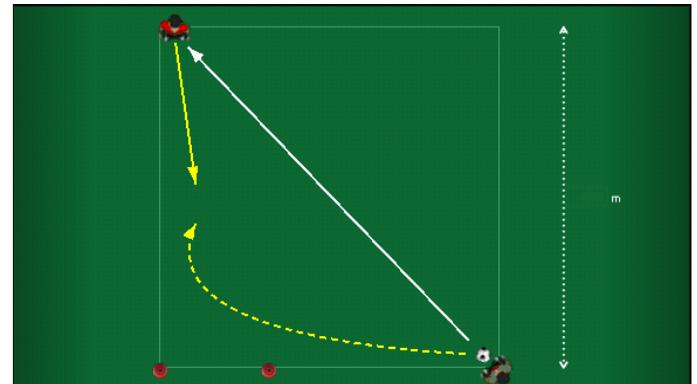
The blue player plays a firm pass to the red across the grid with a diagonal pass. After pass is played, the blue is then the defender against the red. The red tries to score in the cone-goal directly in front of them. If the blue wins possession, or red scores, then the play is finished and they switch lines.

ORGANISATION

2 lines of players, red and blue, are placed diagonally across the grid from each other. Blues have the balls and a 5 yard "cone-goal" is set up in the corner of the grid facing the red team.

PROGRESSION

Allow the blue to attack the end line of the red team when they win possession of the ball.



COMMENTS AND COACHING POINTS

1) Arc run to pressure ball; 2) Defend goal first then player; 3) Angle and speed of approach; 4) Show away from goal; 5) Tackle when full ball is in view.

Gate Dribble



OBJECTIVE:

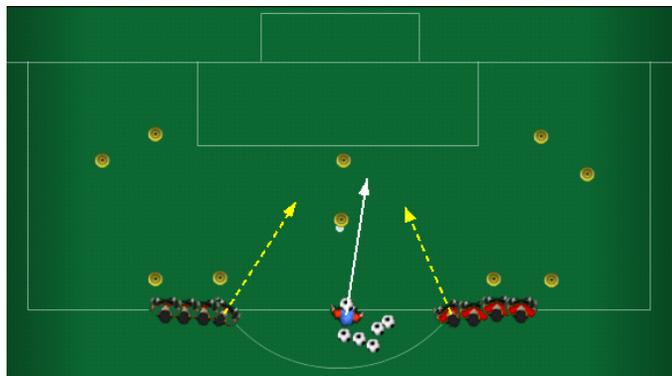
Coach plays a ball out into the area, the first green and red run out and compete for the ball. The aim of the game is to dribble through 2 gates to claim the point and end the duel.

ORGANISATION

2 team lined up along the edge of the 18 yard box as shown in diagram. Coach is central with balls at their feet for quick restart.

PROGRESSION

1v1 progresses through to 2v2, 3v3, 4v4.



COMMENTS AND COACHING POINTS

1) Accelerate to the ball to be first; 2) Ball under control; 3) Attack open gate; 4) Change direction to lose defender; 5) Accelerate through the gate.

4V4 To End Zones



OBJECTIVE:

Aim is to work as a team to get one player to receive a pass into the end zone. The game is played first to 3 goals then team that loses rests.

ORGANISATION

3 teams of 4. 2 end zones of 6 yards at each end of the grid. Balls with coach for early restarts.

PROGRESSION

Once the team scores in one end zone they transition to attack the opposite end zone immediately.



COMMENTS AND COACHING POINTS

1) patience in possession; 2) Transition on turnovers; 3) Diamond shape; 4) Attack forward space; 5) Combine to get into end zone.