



Ball Mastery Intro



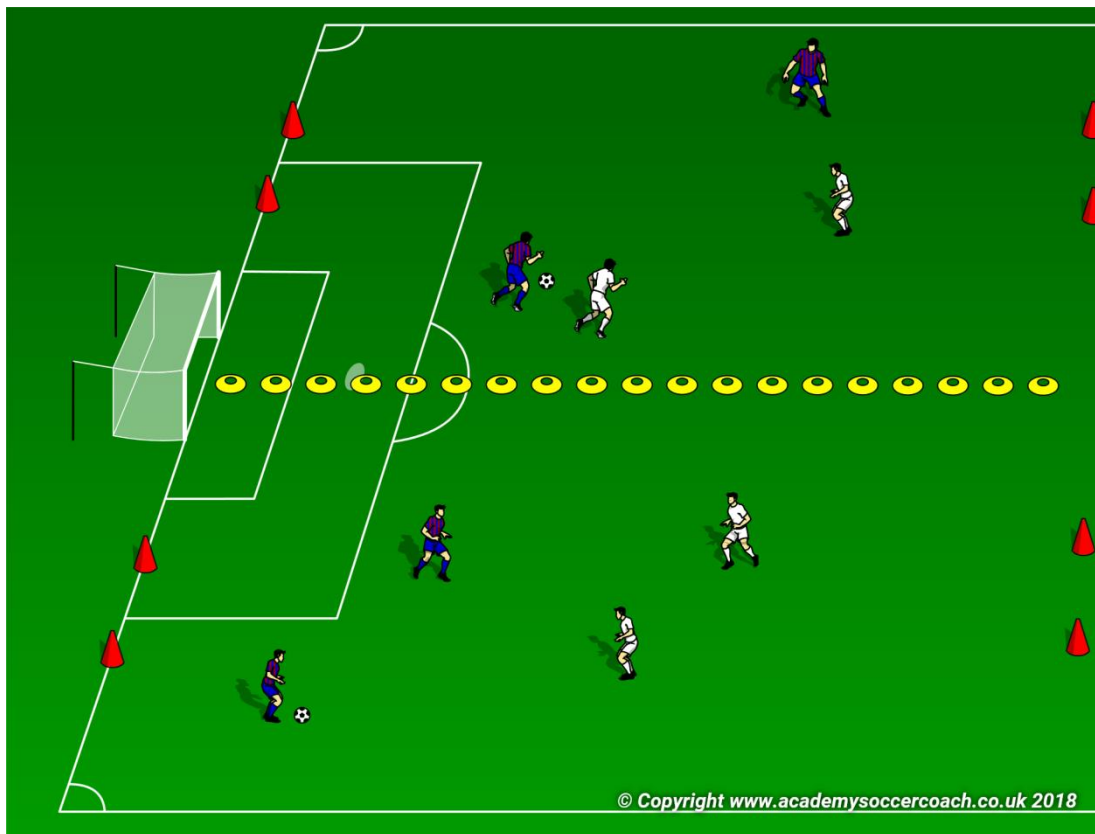
Session two should be about introducing new ball mastery skills and setting goals for the season as individuals!

Does not matter where the players are at with the moves now, but about the small steps necessary to improve over the long term. Can be as simple as starting with a juggling “contest”. How many juggles can each player do? Set a number(goal) to beat by the end of the week/season!

As always make the session fun first, and the rest will follow!

LET THEM PLAY! SCORE GOALS! CELEBRATE TEAM WORK!

PLAY 2v2



Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

TOUCHES ON THE BALL/FAKES



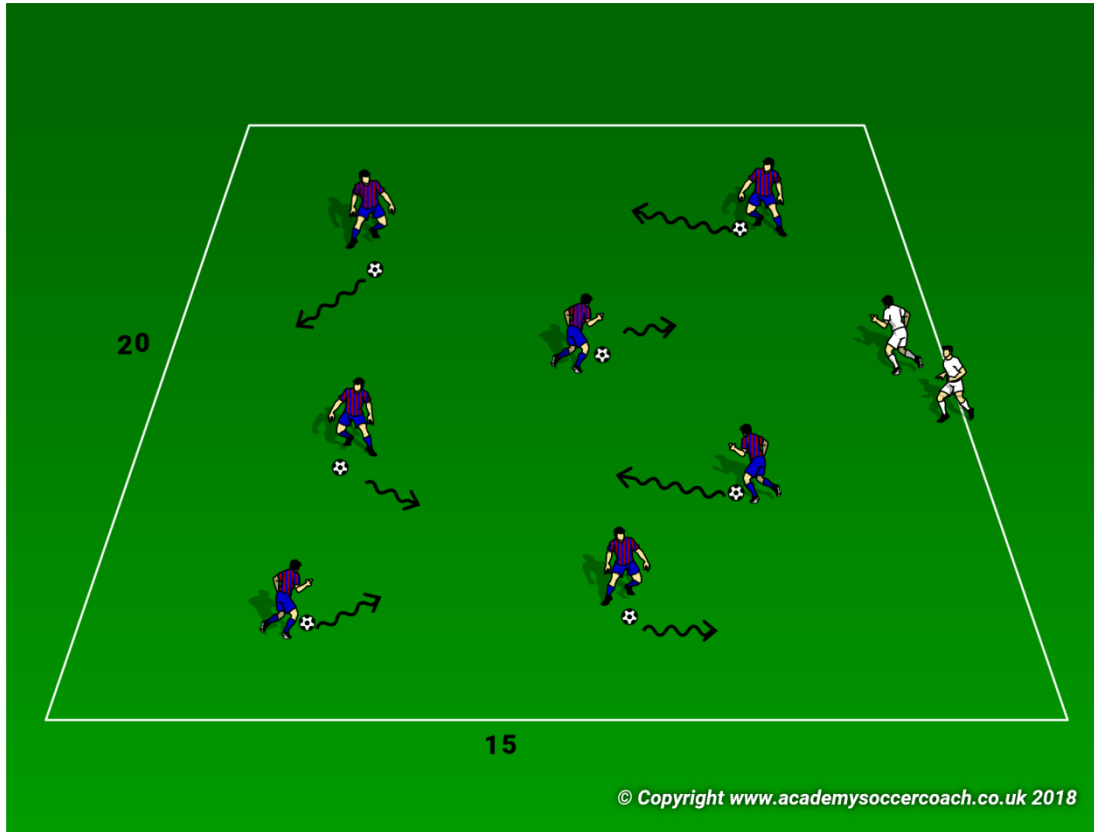
Area: 20 x 25 yards area. All players with a ball.

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 ball mastery moves. Good opportunity to show 4/5 different moves to players and see who can master these specific moves by the end of the season!

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. Keep eyes up! Look for open space!

Knock Out



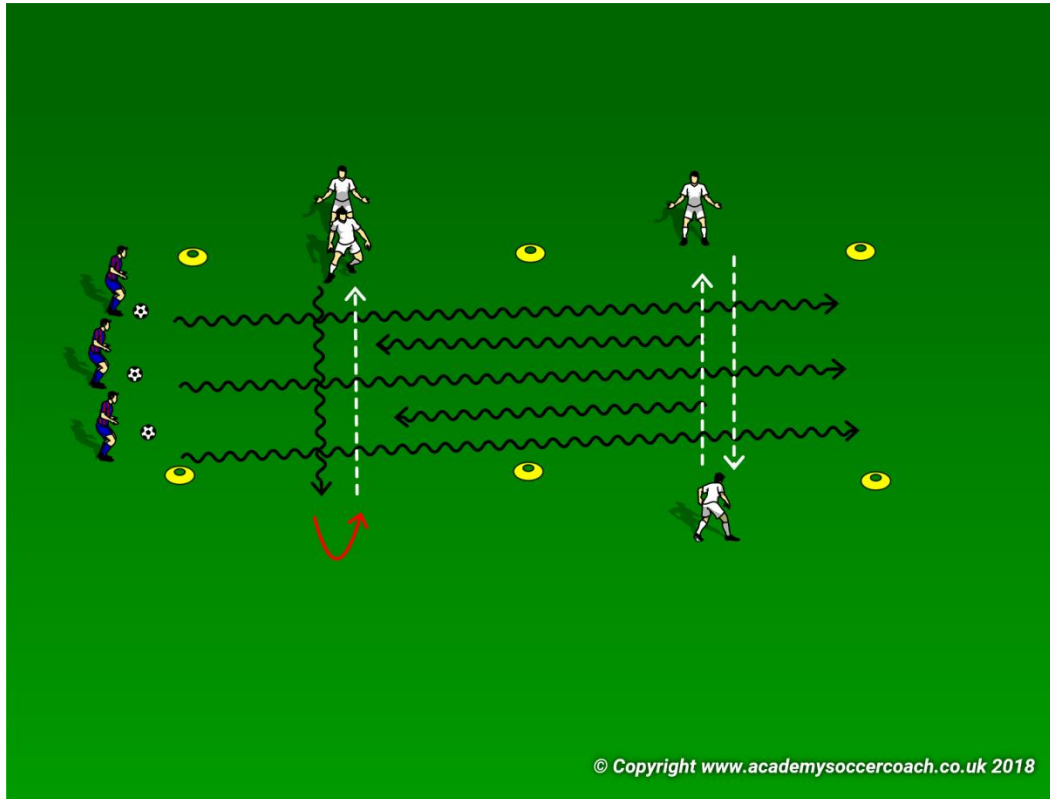
Set-up: 20 by 15 yard zone.

Description: Players dribble around the area attempting to keep the ball away from their teammates, while at the same time attempting to knock their ball's out of the zone.

Progression: 1) Add Catchers! Players without a ball who are only trying to knock others out! 2) Same game, but now once you loose a ball, you can turn and support your teammates by allowing them to pass their ball to you to keep it away from the catchers! Game continues until all the balls are out of the grid!

Coaching Points: Use ball mastery moves from warm up to keep the ball . Dribble with your head up. Keep body between the ball and defender. Shield ball with body and use the sole of foot to control the ball. Use teammates for help!

Dribbling Turns & Passing



Area: 16 yards long by 8 yards wide.

Description:

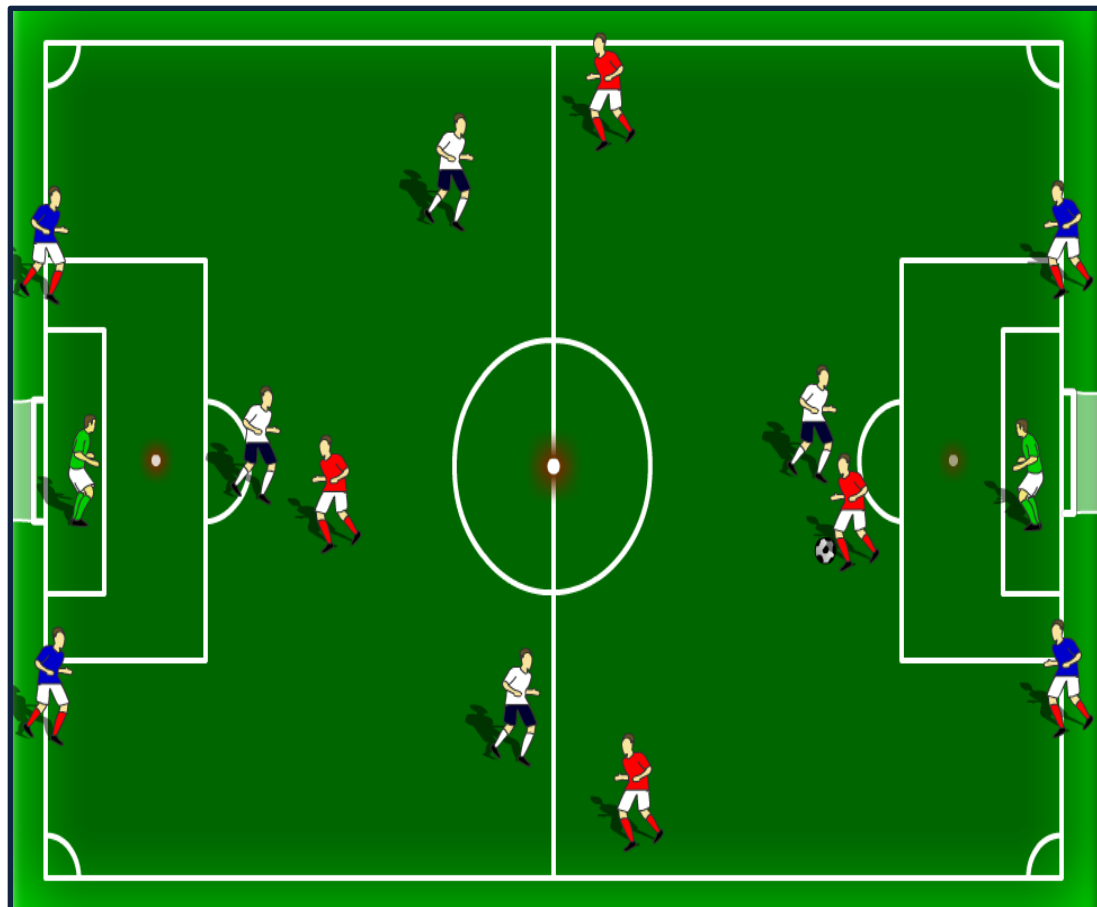
1 team where everyone has a ball lines up at 1 end of channel. 2nd team split in 2 groups, 1 ball per line. Both groups working at the same time. Team 1 dribbles back and forth while team 2 dribbles across grid, turns and passes back, following their pass back to the end of their line.

Progression: Team 2 separates and plays 2 touch passing while team 1 dribbles across the grid.

Coaching Points:

- Quality and speed of the pass
- Preparation and first touch
- Communication and movement before the pass
- Be creative with passes
- Lift pass off ground
- Take first touch away from pressure
- Know when to play 1st touch & when to hold ball and wait for open passing lane.

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Split into 3 teams of 4. Playing 7 vs 7, players must try score goals like a regular soccer game. Place 1 team as the 4 target players on the end line and try to split defenders and get them turning. Balls played to the target players must be played on the ground. Once a goal is scored teams switch. Team that scored stays on, team that gave up the goal switches with target team.

Formation – GK, 4 field players, 2 targets (total of 7 players)

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

Add points/goals for scoring goals when combination is played with the target players.