



## Rio - NPL Girls Session

Category: Technical: Ball Control  
Skill: U14

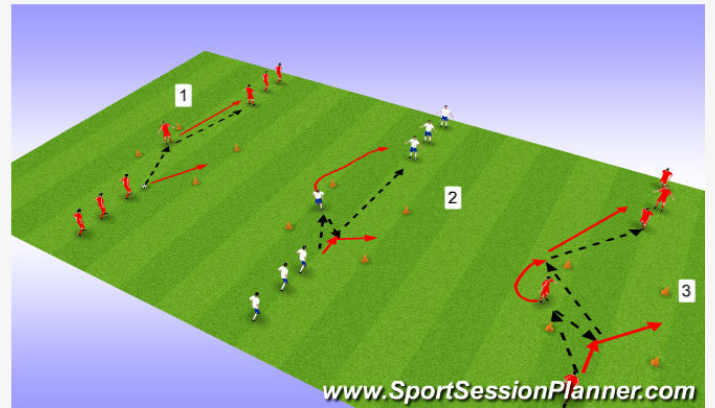
Pro-Club: Colorado Rapids Soccer Club  
Brian Crookham, Colorado, United States of America

### Description

NPL Trial session - number unknown so there will be three groups (15 minute stations) to rotate through this work and 40 minutes of playing at the end

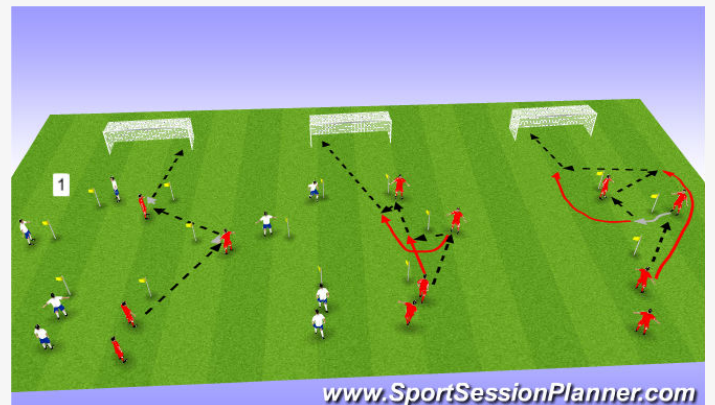
### Follow-in, Follow-out

- 1) Player shows sideways on in box, play across body, two touch and follow the ball out, passer shows in the box and pass comes from other direction. Players always return to the same line they came from
- 2) Same set up, player sets back to original passer and spins out while original passer attacks the ball and passes across to the far line.
- 3) Same set up, after the set target spins out and gets a return ball wide of the cone then passes to the front of the line.



### short patterns to goal

- 1) play outside flag to wide player checking, 2 touch into high player checking inside, 2 touch to goal
- 2) play wide, set to original passer, play target, setter overlaps and finishes
- 3) play wide and overlap, wide player touch inside and hit target, target finds overrapper for cross and finish



### 4:4 + 4 target players

- 4:4 + 4 target players  
3 x 4 minute games rotating the target players on the ends  
add numbers and neutrals as attendance requires (ie, 5:5 + 1 to targets)

