



U11-U12 Ball Control (1) - J. Sells

Category: Technical: Turning

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

Description

Technical receiving and turning.

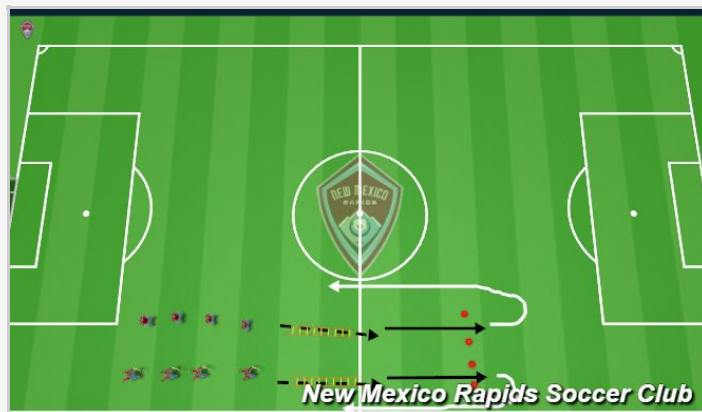
Activation: Agility Ladder (15 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



Receive & Turn (Defender Behind)

DESCRIPTION/ORGANIZATION

The steps given below of the following techniques should be learned as you see fit, according to the time you have available to you. A. Player 1 passes to player 2- Player 1 kicks the ball with the inside of the foot. - Player 2 controls the ball with the inside of the right foot (he pretends he has a player in his back) and executes one of the moves given below: - The inside/outside turn away - The outside of foot turn - The step-over turn -Inside of the foot turn Player 2 dribbles the ball to player 3 following turn.

- Player 1 takes player 2 spot and activity continues from the other direction. Go through the given techniques as you see fit and use several sessions for this. The players must learn to master each technique sufficiently.

Variations: -add passive defender. - add live defender.
add



6v6 + N Hockey Style (45 mins)

DESCRIPTION/ORGANIZATION

Six attackers keep possession against 6 defenders + N by a combination of passes or an individual action, followed by scoring in either goal. After taking possession the defenders may then score by scoring in either goal.

Attention! If the ball goes off the field the coach restarts the game.

***Variation:**

-Teams defend one goal each

-3 consecutive passes before you can score in ether goal



DESCRIPTION/ORGANIZATION

Six attackers keep possession against Six defenders + N (Green) by a combination of passes or an individual action, eventually scoring by passing into counter goals. After taking possession the defenders may then score by passing into opposition counter goals.

Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender (or first line of end zone - applies only to 9v9 and 11v11 teams) If the ball goes off the field the coach send in a new ball. 4-2 vs. 1-4-1.

Variation: Create vertical touch limit zones in various thirds of the field (blue lines)

COACHING POINTS:

- Disciplined shape - Prevent forward passes.
- Recognize pressing moments. Step as a team (recognize negative play)
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments) and open attacking shape.

