



U11-U12 Ball Control (2) - J. Sells

Category: Technical: General

Difficulty: Moderate

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

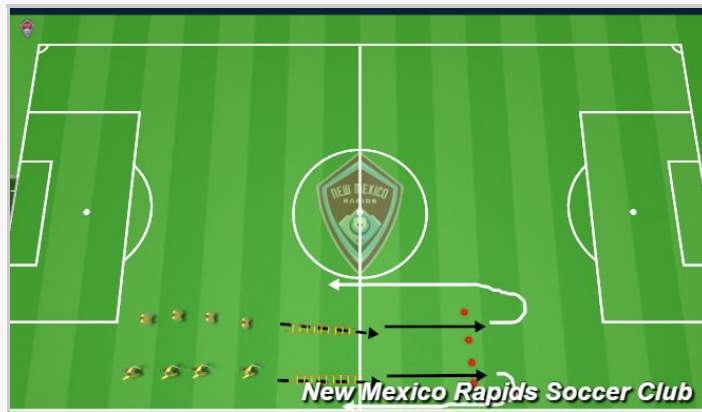
Activation: Agility Ladder (10 mins)

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...



Triangle Passing / Receiving (25 mins)

Set up

- triangle made 15 paces wide and 10 pace high, 4-6 players per triangle with groups on the ends. One line is dribblers, and one line is receiving line. First player on dribble line dribbles out around cone and then passes to first player in receiving line. Receiving player controls ball and dribble back to end of dribbling line. Players simply rotate lines and roles.

coaching points

- technical speed when dribbling and turning.
- concentrate on 1st touch when receiving. Getting players to use their 1st touch.
- Checking away and checking to on reception. Idea of timing.

progression

- Make it a relay race between the two triangle groups.



4v2 + 2 Transition Box (25 mins)

Organization:

Four players keep possession (3 passes need to be made by attackers) of the ball by combinations of passes without letting the 2 defenders take the ball away. When the defenders intercept the ball, they must change the field of play by making a long pass forward to the other end of the field. At the same time 2 defenders and 2 attackers follow the ball to the other half to create a 4v2 scenario. Now the 4 new attackers try to keep possession of the ball by combinations of passes without the defenders taking the ball away. Coach plays new ball in when ball exits either grid to keep game going.

Variation:

- Implement touch limits.
- Change number of defenders.
- Keep points and make it competitive!



6v6 Corner Zone Soccer (30 mins)

DESCRIPTION/ORGANIZATION:

40 (W) x 45 (L) yard area

6v6 (+ N if needed).

This practice form is executed with 2 teams of 6 players, who play against each other on a large square pitch, of which the corners are marked by cones. The team in possession of the ball may score in the corners of the pitch. Only the team who has possession of the ball may enter these corners. Once you have scored, your team retains possession of the ball and you may attempt to score in one of the other corners.

