



## U15-U16 Ball Control (1) - J. Sells

**Category:** Technical: Ball Control

**Difficulty:** Moderate

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

### Fitness Ladders (10 mins)

#### DESCRIPTION/ORGANIZATION: Hurdle Run Race

Players increase fitness intervals 60,70,80,90,100% on the way out to each level of cones. Players always jog back to start (recovery).



### Partner Juggling (15 mins)

#### Set-up:

Players partner up with a ball and juggle ball back and forth w/ four touch max each time they are in possession of the ball. Every time the ball drops, players have to perform 2 push-ups.

#### Coaching Points:

- Technical quality (passing, 1st touch, etc...)
- Communication
- Speed of play

**Variation:** Groups of 3 or 4, Decrease touch limit.



### Attacking Pattern Play in 5's (25 mins)

#### DESCRIPTION/ORGANIZATION:

The players are positioned by the various parts of the course A. Player 1 passes the ball to player 2, who checks and is positioned to receive. B. He then gives a one-touch ball to player 3, who is positioned to receive in wide area. C. Player 3 then passes the ball to player 5, who is positioned to receive. D. Player 5 then passes the ball back to player 2, who has run on. E. Player 2 gives a through pass to player 4. F. Player 4 receives/controls and dribbles the ball to endline and then crosses to players 5 at the first or second post. Player 5 finishes to goal.

#### COACHING POINTS:

Passing / Receiving quality

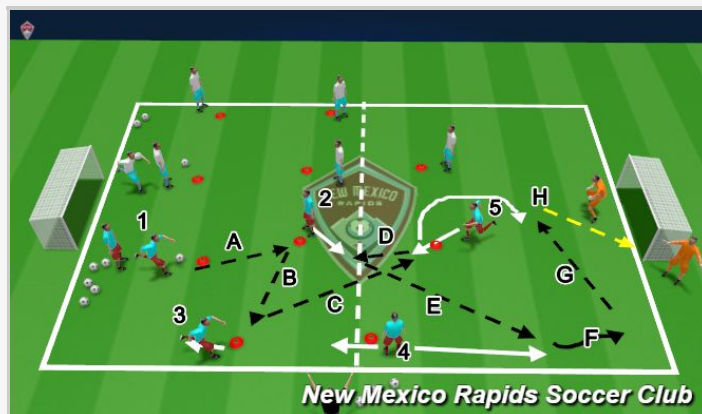
1st Touch

Speed of play / decision making / timing and movement

Attacking shape / movements. Once pattern is completed on Blue side White start same pattern play on left side of field.

\*Coach within the flow. Make competitive. Short 3-5 min. games. Side (color) with most goals wins. Coach should drive tempo and be quality control.

**Variation:** Add different patterns of play (outside back overlap), 1 touch finish, Ariel finish only, etc...



## GK+2-4-1 vs. 2-4-2 Goal & Counter Goals (40 mins)

### DESCRIPTION/ORGANIZATION:

8 (GK+4-3-1) keep possession against 8 (GK+2-4-1-1) by a combination of passes or an individual action, followed by scoring in the opposite goal. Attention! If the ball goes off the field the other team's GK starts the game.

### COACHING POINTS:

- 60 x 70-yard grid
- Individual/ small group defending principles
- GK+2-4-1 vs. 2-4-2
- Technical quality and speed
- Spacing /Transitional Understanding in and out of possession.
- Decision making
- \*Coach within the flow. Limit coaching stoppages and make competitive.
- Defenders shifting together and rotating where necessary
- Make use of off-side rule for GK+4-3-1
- Coach squeezing the lines on square and negative play.
- Defensive rotations and structure should be discussed.
- Communication (the last player should take the initiative)
- \*Coach within the flow. Limit stoppages only for major coaching points.

