



U15-U16 Ball Control (2) - J. Sells

Category: Technical: Ball Control

Difficulty: Difficult

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

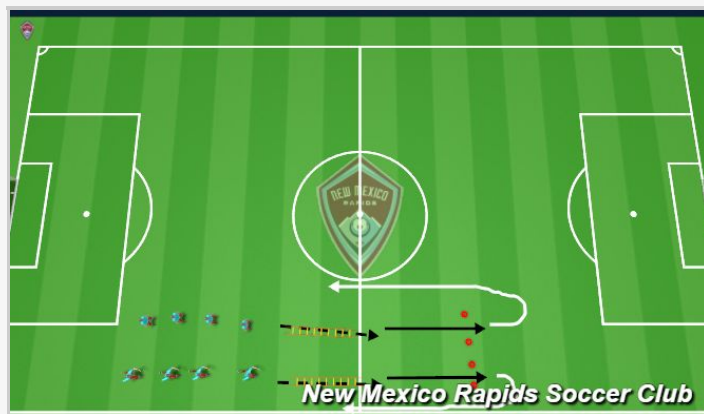
Activation: Agility Ladder (15 mins)

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...



Technical Triangle: Opponent in Front (25 mins)

DESCRIPTION/ORGANIZATION: Gate Blocker

A. Player 1 dribbles toward the center stick and executes a turn (below)

- The inside cut
- The outside cut
- Cut behind the standing leg (Cruyff)
- The step-over turn (Step 4)

B. Player 1 dribbles back again around near red cone

C. Player 1 passes to player diagonally across from them at top stick.

D. Top stick player receives ball and speed dribbles back to starting line.

*Players follow their pass and dribble to the next line.



Variation: Double pass can be implemented at the top of the activity.

5v5 Possession w/ Four Targets (35 mins)

DESCRIPTION/ORGANIZATION:

Possession Activity featuring supporting outside target players. Teams in the middle play 5v5. Team in possession in the middle of the grid can play to their outside players (same color only/4 options/one on each side of the grid) and those players then switch out. Outside players cannot steal from each other, but they can move up and down their sideline to promote support angles. Every switch out is a point. Teams keep track of their points. 3-minute games.

*High intensity Coaching!

COACHING POINTS:

- * Spacing - Movement to support is not always to check to.
 - Play off shoulders in space behind defenders.
- * Targets receiving ball across body to allow more options and to move ball into open space.
- * Central players recognize when to play way you face or turn/play across body
- * When to pass around/thru/over pressure.



6v6 - 8v8 Target Possession (35 mins)

DESCRIPTION/ORGANIZATION:

Eight attackers keep possession against 8 defenders by a combination of passes or an individual action, eventually scoring by possessing the ball and playing both keepers on the ground or in the air. GK's return ball to team that played them. GK's are free to move in the endzone. After taking possession the defenders may then score by the same action. Attention! If the ball goes off the field the coach restarts play with another ball. Variation: Have to play a flighted (high) ball into GK's for it to count

COACHING POINTS:

- 30 x 35-yard grid
- Individual defending principles
- Defending in 4's (pressure, cover and balance)

