



U17-U19 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

Four Corners Passing (15 mins)

Organization:

Passing and receiving activity the focuses on first touch, proper passing technique, vision, and decision making. Players follow their pass throughout the activity. Two balls are constantly rotating throughout the activity. Players pass from the outside in to the middle players. Players form the middle receive and pass to the outside lines. Don't want balls being played to the same outside line.

Central players receive pass from outside players and then looks to play a different outside line. The inside players do not want to play their pass to the same line (vision/decision making) outside. Players follow their pass to keep line full and activity going always with two players in the middle and at all times.



Passing/Receiving in Y Shape (20 mins)

Y Passing Practice

Pass and follow, on 2-touch

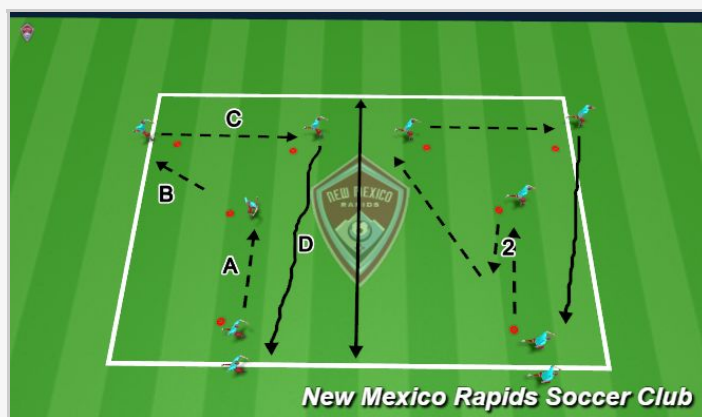
Body shape; Hips open

Progression 1

Opposite Direction

Progression 2

add some sets (double pass) to be done in one movement



Three Ball Possession w/ Targets (25 mins)

Set-up:

2 Teams play 4v4 - 8v8 possession game w/ endline targets
Possession game focusing on tempo, quick thinking, and technical speed of play. Two teams try and use central ball to find open target player on either end-line. Target player with ball then plays in team that played their other end-line target partner.

Coaching Points:

- Technical quality (passing, shooting and dribbling)
- Team shape and structure both offensively and defensively.
- Communication
- Speed of play



GK+4-2-3 vs. 4-2-3-1 to Goal & Counter Goals (25 mins)

DESCRIPTION/ORGANIZATION:

10 attackers/mid fielders (4-2-3-1) create chances by team-play. The 9 defenders/mid fielders + keeper (GK-4-2-3) can then score by passing the ball through one of the small goals. The attackers can then score in the large goal. This drill always starts with the attackers.

Midfielders/attackers by attacking coaching:

- Bringing the mid fielder into play.
- Keeping the two outside players as wide and forward as possible. (7+11)
- creating a 2 to 1 situation or overloads in various thirds.

Midfielders/attackers by loss of possession coaching:

- tightening position where necessary.
- Coaching each other when defending (the last player should take the initiative)
- Putting direct pressure on the ball

