



U17-U19 Ball Control (2) - J. Sells

Category: Technical: Attacking and Defending Skills

Difficulty: Difficult

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

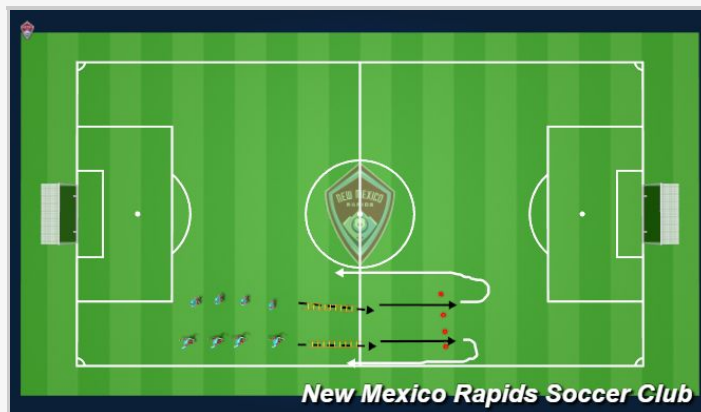
Activation: Agility Ladder (10 mins)

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 (20 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.



7v7 Corner Zone Soccer (20 mins)

DESCRIPTION/ORGANIZATION:

40 (W) x 45 (L) yard area

6v6 - 8v8 (+ 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.



DESCRIPTION/ORGANIZATION

8 attackers (3-4-1) keep possession against 8 defenders (2-4-2) + 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.

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.

