



U9-U10 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

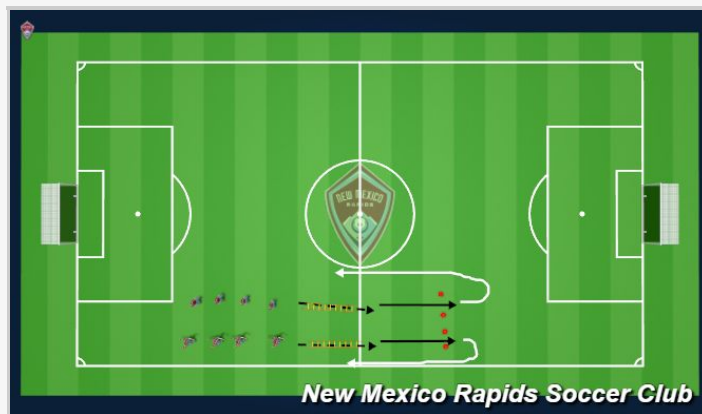
Activation: Agility Ladder (15 mins)

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 Organization

Drills in which the steps of the techniques given below are carried out on the spot, without hindering each other and spread out over the entire rectangle.

- Scissor and Pirouette (Step 1)
- Step out and take along (Step 1)
- The step over and the change of direction (Step 1)
- The inside cut (Step 1)
- The Fake (Step 1)

Attention! Go through the given techniques as you see fit and use several lessons/organizational forms for this (the players must learn to master each technique sufficiently).

*Progress to games such as Knock-out and Dribble King.



Triangle Passing / Receiving (15 mins)

Set up

- triangle made 15 paces wide and 10 paces 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.



Game Form 5v5 + N Counter Goal Soccer (30 mins)

Set up

35 x 40 Grid with 3 small goals on each end line and we play 5v5 + N. Can turn the center goal into a bigger one and include a GK if you choose to and play 6v6 or 7v7 + N.

Drill Instruction

The goal of this drill is to switch the point of attack and find the open goal. Coaches can decide how the points system work and also how players score. For example, they can dribble through the goal or pass. Short competitive 3-5 min. games.

