



U9-U10 Ball Control (2) - 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...



Three Is a Crowd (15 mins)

DESCRIPTION/ORGANIZATION:

The players form pairs, standing beside each other. The pairs are spread out over the entire square. Two players, one runner and one who is "it" do not form a pair. The runner tries to avoid "it" and can "free" himself by standing in front of to a pair. The player who is then at the back of the trio becomes the new runner, who must be tagged.

*Variation: Play with group laying on the ground on their stomach. Attention! A tagged player immediately becomes "it".

COACHING POINTS:

- Change of Direction and Speed
- Vision
- Tagger angles of play
- Players need to be turned on!



Technique: Opponent in front / Plus Sign Form (25 mins)

DESCRIPTION/ORGANIZATION:

The steps given below of the following techniques should be learned as you see fit, according to the time you have available to you. A. Player 1 dribbles toward the center cone- Player 1 dribbles the ball with the outside of the right foot. B. Player 1 executes one of the moves given below:

- Scissor (Step 5A)
- Akka (outside-in) (Step 3A)

C. Player 1 dribbles to player 2- Player 1 dribbles the ball with the outside of the left foot to player 2.- Player 2 controls the ball and performs the same drill, but with the other leg. The same for players 4, 5 and 6.

Variation: Players dribble to center stick or cone and turn back to their original line. Working on various 180 degree turns away from pressure.

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 (*Stanley Matthews /Scissors /Sole roll-attacking moves)



4v4 + N End Zone Soccer (25 mins)

DESCRIPTION/ORGANIZATION:

Four attackers keep possession against 4 defenders w/ Neutral by a combination of passes or an individual action, eventually scoring by dribbling the ball over the opposite endzone. After taking possession the defenders may then score by dribbling the ball over the opposite endzone.

Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender. (applies only to 11-11 teams) If the ball goes off the field the coach restarts the game by playing in another ball. *SET UP MULTIPLE FIELDS

