



U5-U8 Ball Control (1) - J. Sells

Category: Technical: General

Difficulty: Moderate

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

Description

Technical session designed to improve basic technical skill and ability on the ball.

*Sessions also works on small sided tactical ideas and concepts in 1v1 through 3v3 situations.

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 Line Organization (15 mins)

DESCRIPTION/ORGANIZATION: Technical Line Organization - Competition Form

COACHING POINTS:

One of the steps of the techniques given below must be executed back and forth between the cones and flags.

Techniques: Tic-tocs, Speed Dribble, Right foot dribble, Left Foot dribble, Toe Touches forward and backward.

Attention! This drill should be used constantly to aid players in mastering the techniques. The techniques must be executed correctly and corrected as needed by coach.

Variation: Relay races to add competition element.



Dribble King (15 mins)

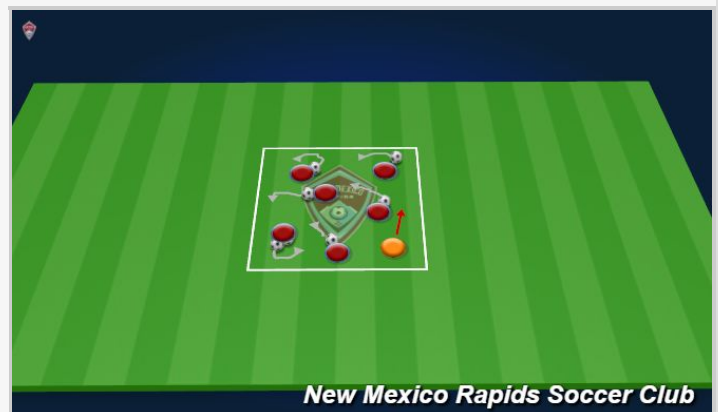
DESCRIPTION/ORGANIZATION: Dribble King

COACHING POINTS:

Each player dribbles the ball through the square. Two "thieves" (orange) try to kick the other players' balls out of the square. If you lose your ball, you become a "thief" as well. The last remaining player is the dribble king. Working on dribbling technique, vision and shielding the ball.

Variation: Use first 10-15 minutes and work on each player with a ball working on various turns and moves.

If the group is too small 1 "thief" is enough



1v1 to 3v3 Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION: 1v1 to 3v3 Counter Goal Soccer

COACHING POINTS: Three attackers keep possession against 3 defenders by a combination of passes or an individual action, followed by scoring in one of the opposite goals. After taking possession the defenders can then score in one of the opposite goals. Attention! If the ball goes off the field the other team starts the game.

