



U5-U8 Ball Control (2) - 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 to improve dribbling and defending in small groups.

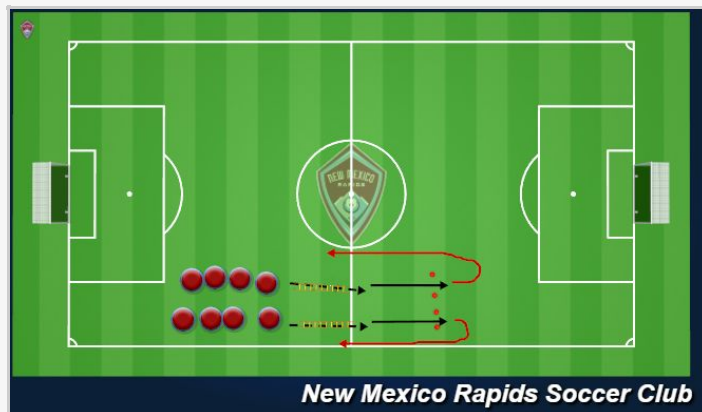
Activation: Agility Ladder (15 mins)

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...

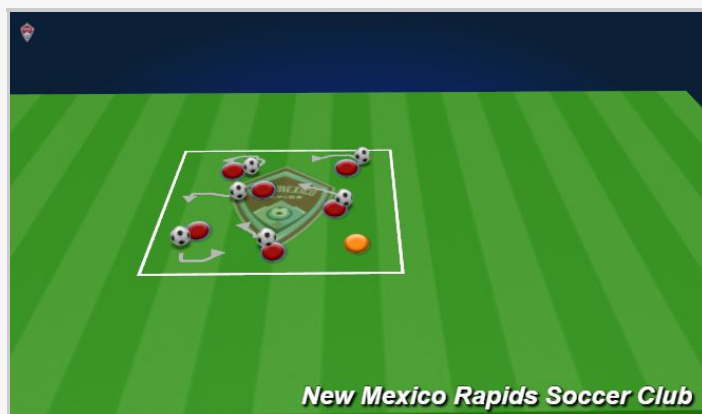


Nutmeg Game (15 mins)

DESCRIPTION/ORGANIZATION: Nutmeg Game

COACHING POINTS:

Each player, bar one, has a ball. At the coach's signal, the player without a ball (orange) kicks as many of the other players' balls out of play as possible. Each player must retrieve their ball immediately and stand straddle-legged on the spot where their ball was kicked out of play and hold the ball in their hands, above their heads. The other players, whose balls have not yet been kicked out of play, may liberate their fellow players by kicking the ball between the legs of the players who are out of play. When time is up, the number of players still standing with the ball above their heads is counted. The game ends when the defenders have all the players standing with the ball above their heads



Gate Blocker (15 mins)

DESCRIPTION/ORGANIZATION: Gate Blocker

COACHING POINTS:

Orange team is "Gate Blockers." Red team is attackers. Attackers try to dribble through open gate after they receive pass from coach. Gate Blockers cannot steal ball they can only block and cover exit gates. Attackers try and exit box through an open gate. Working on change of direction and speed w/ the ball.

Variation: Allow Gate Blockers to tackle the ball from the attackers.



End Zone Dribble w/ Goals 2v2 / 4v4 (25 mins)

DESCRIPTION/ORGANIZATION: End Zone Dribble w/ Goals

COACHING POINTS:

Two attackers keep possession against 2 defenders by a combination of passes or an individual action, eventually scoring by dribbling the ball over the opposite end zone (1 pt.) or scoring in opposite goal (3 pts.). After taking possession the defenders may then score by dribbling the ball into the opposite end zone or in opposition goal.

