



Warm Up Ball Manipulation (25 mins)

Tag Game on arrival

(not shown) players stand in gates. 1 person is tagger one person is being tagged. player is safe when they stand at gate of other player. that player is then the person being tagged.

Ball Mastery Warm Up size of area 20x25

Ball each players dribble through gates and perform turning moves and foundation moves;

- i. Scissors
- ii. outside inside
- iii. I-Turn
- iv. Cruyff
- v. Step-over

Progression:

Players pass through gate, run around and collect ball on other side.

Objective:

Improve ball control. Improve foundation moves especially turning moves

Coaching Points:

- i. Close control
- ii. Changes in direction and speed
- iii. Awareness
- iv. Body shape, low and deep in the knees.



Ball Mastery Technical (15 mins)

Ball Mastery/Turn Moves. 8 yards away from cone

Set Up: Groups of 2 facing each other doing turn moves and taking on moves

Turning Moves

- Pull back
- Inside
- Cruyff turn
- Step over

Taking on Moves

- Fake Take
- Scissors
- Double Scissors Push

Coaching Points

- Slow in quick out
- Changes of speed and direction
- Distance from cone to do move



1v1 to Goals facing each other (15 mins)

1v1 to 2 Goals (15x20 yards)

Set Up: 1v1 game with 2 small goals opposite from each other
Coach serves a ball on the field for a 1v1 game.

Attacking player tries to beat an opponent to score on either goal.
Focus on different turn moves, and changing direction.

Execute with speed.

Round 1: 2 players from each team play 2v2 to goal or ball leaves the field.

Round 2: Bonus points for goals scored after a move or turn.

Round 3-4: Coach can adjust the number of players on the field to: 3v2 or 3v3; no bigger than 3v3

Coaching Points:

Look for dribble into space away from the defender. Can they change speed and direction?

After you beat the defender, penetrate with speed to goal Keeping the ball close to your feet soft touches on the ball



