

ACTIVITY #1

Set up: Set up grid and half of the players on the outside have a ball in their possession on the ground and the players in the center do not have a ball.

Instructions: On coaches command players in center will check into ball and receive under control and pass back and then go and find another ball and after a set amount of time players will switch. Use different variations of receiving in the ground as well as in the air from chest, thigh and foot to get numerous repetitions to help them with their technique.

Coaching Points: Body Mechanics, Body position and balance, Get into line of flight of the ball, Select controlling surface to use, Relax and withdraw controlling surface just before contact, important of 1st touch to control and prepare the ball, vision, tactical application to the game as in first touch takes ball away from the pressure.

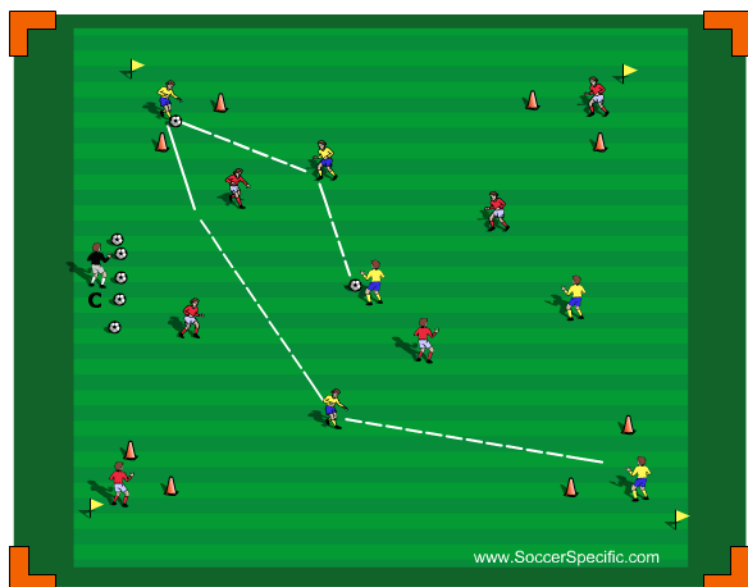


ACTIVITY #2

Set up: Set up grid with 4 mini goals or gates towards outside of grid.

Instructions: Put players in two teams as they will play possession. Players will look for teammate on any of the 4 goals to receive the ball under control with a prep touch gets a point. Could use 2 balls if players are more advanced.

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ACTIVITY #3

Set up: Set up grid with 4 gates inside corner.

Instructions: Sort group into 2 teams and have 1 player on each end facing each other behind the cones in order to receive the ball on the ground or in the air. When the players in the center are playing possession the object is to give an accurate pass on the ground or in the air and if the player receives the ball under control then the player leaves the grid and the player who passed the ball switches places. Can add multiple balls for more advanced teams.

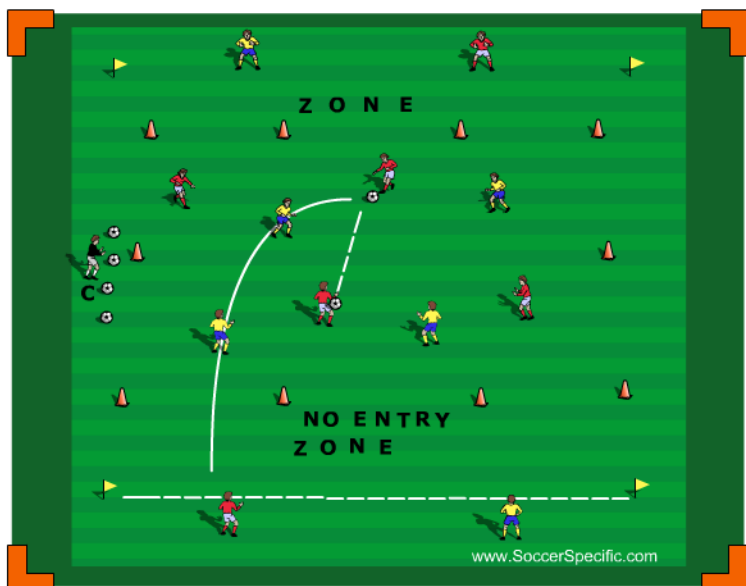
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ACTIVITY #4

Set up: Set up a grid with two free zones that players are not allowed in.

Instructions: Set players in 2 teams with 1 player from each on opposite ends outside of the no entry zone. Players in the center will play possession and look at putting the ball in the air so that their teammate can get in line of flight and receive in the air. If player receives a ball in the air and keeps under control the team is awarded a point and the players switch roles.

Coaching Points: Body Mechanics, Body position and balance, Get into line of flight of the ball, Select controlling surface to use, Relax and withdraw controlling surface just before contact, important of 1st touch to control and prepare the ball, vision, tactical application to the game as in first touch takes ball away from the pressure. .



ACTIVITY #5

Set up: Field with 2 goals and keepers.

Instructions: Game has no restrictions.

Coaching Points: Make appropriate coaching point on receiving in the flow of game and also using the freeze method.

