



Ball Manipulation & Control (30 mins)

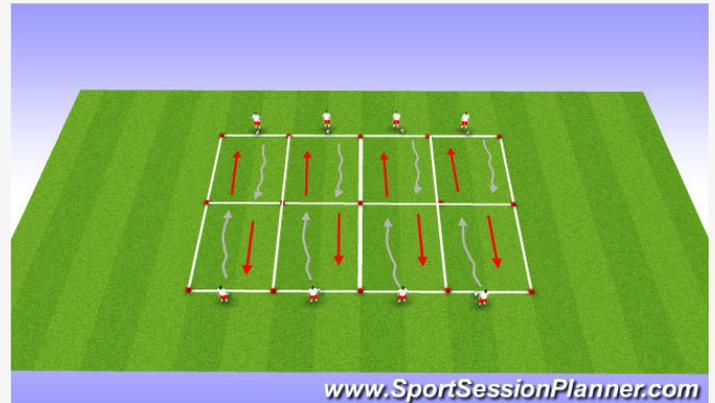
Learning Objectives

Mastery of the ball is the very heart of the game. The skill to make the ball do what we want it to do, to be able to place it exactly where you want it to go, to be comfortable with it in our possession, these are the foundations of the game and the basic building blocks for future successful players.

Players work in 2s, dribbling the ball towards the middle line, making as many touches as possible on the ball.

When they meet each other in the middle, they perform a turn and go back from where they have started, so they can start again.

- To improve mastery of feints.
- Timing of feint.
- Body shape/desguise.
- Over ball for balance, low/quick step to side.
- Part of foot used - inside/outside/sole.
- Perform turns, such as Inside & outside, drag back, Cruyff, Maradona's Turn, etc...



Line Goals (10 mins)

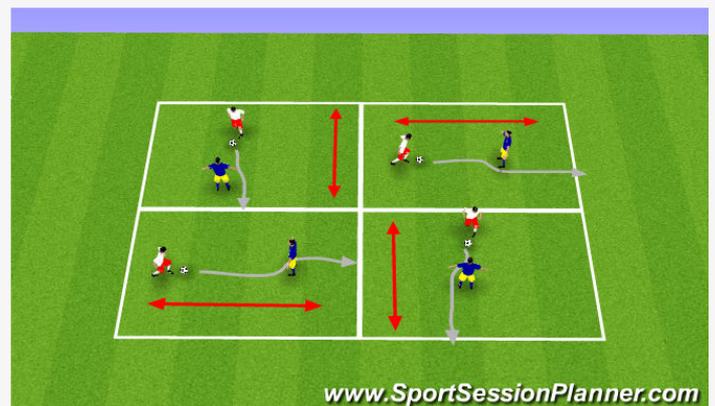
Instructions:

10 x 10 Grid- As many as you require

- To start a player serves a pass into opponent and play becomes live, the player who passed the ball becomes the defender with the idea of stopping the attacker from scoring (dribbling past the line).
- Defender attempting to steal and dispossess the attacker of the ball, if successful this player can attack the opposite goal. If ball goes out of play the player who is to get possession plays a pass into the defender who serves back and play continues.
- 3 attempts each then rotate attacker to defender.
- Extra point for nutmegs reward skill and creativity.

Key Points:

- 1st touch out of feet, feints, dummies- try something new.
- Body between the ball and the opponent
- Positive attack
- Face up your defender
- Identify the space you want to attack
- Head up, keep ball close
- Accelerate and drive at the space for goal



SSG (20 mins)

Organisation:

30 x 20 metre pitch area. (x2) Eight cones, creating four goals (two at either end) 3 metres apart. Eight players (4 v 4). One ball.

Rules:

A 4v4 game where points are scored by players who dribble and stop the ball onto the goal line. Points are only scored in this way.

Progressions / Challenges:

If players dribble the ball into the two goal areas, they score extra points (3 points). If they dribble onto any other part of the goal line, then 1 point is awarded.

First team to score 10 points

Every person in the team must score a point before there can be a winning team. This encourages team work and trying to create opportunities for everyone to dribble with the ball.

Increase/decrease the size of the goal areas, and award less/more points.

Take away one goal each end.

Key skills:

- Dribbling the ball with different parts of your feet
- Use of feints, step overs, roll overs etc to get past defenders
- Passing and movement = teamwork



Game

