

Description

Session Objective

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Ball Mastery

Organisation

- 40 by 40 grid

Explanation

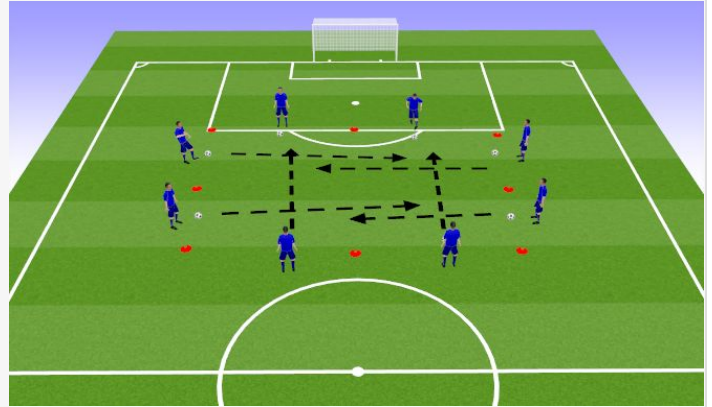
- All players on out side with a ball each
- On coaches call all players dribbble through the grid to other side
- players must dribble ball close and not bang in to anyone or dribble ball out of grid
- working on close control.

Progressions

- put on a time limit on to get to other side.
- put competition on first player to other side gets points .

Coaching Points

- keep eyes looking forward so you can see ball and what is going round you
- keep close control.



Cone monsters

Organisation

- 40 by 40 grid

Explanation

- yellow team everyone has a ball dribbling in the grid
- Blue team hold a cone each they are called the cone monsters
- on coaches call blue team run in to try and chase yellow team and touch there cone on top of there ball
- if yellow team get there ball touched then they are frozen, they have to to pic up there ball stand legs apart only way to get free is if another yellow dribbles the through the legs.

Progressions

- more cone monsters
- smaller grid
- only allowed to use weaker foot.

Coaching Points

- change pace of dribbling
- keep head facing forward
- know whats around you.



Control

Organisation

- cones 10 yards from each other

Explanation

- players with a ball each .
- dribbling in to each other and turning away and back to where they started
- dribbling with left foot, dribbling with right foot
- sole of the foot

Progressions

- do toe taps at the cone
- dribble across and switching to the other group .
- make it competitive with first one back to their cone get points

Coaching Points

- stay tight to the cone with out hitting it
- close control
- change of pace



Small sided games

Organisation

- 3 x 30 by 40 pitches

Explanation

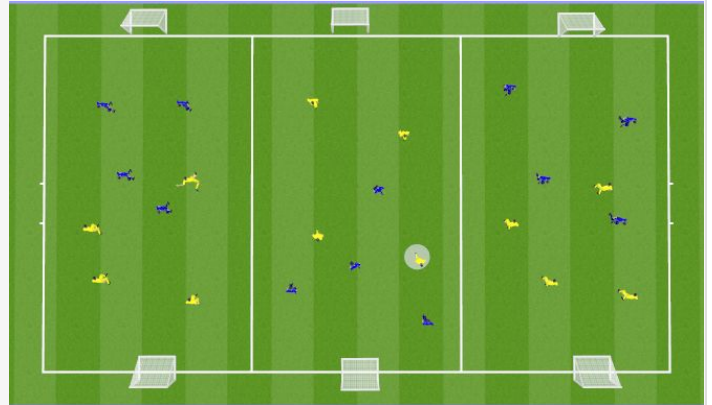
- small sided games
- let them play !!!

Progressions

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Coaching Points

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Coaching Practice Review and Reflection

Session Evaluation:

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Coach Reflection:

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