

Ball Mastery Warm Up

Set Up

20x20 box with cones spread out randomly in a central area

1. **Game of Knockout** (ignore cones) - everyone has a ball; try to knock out balls and be the last player standing with your ball!
2. **Dribbling Feints** (ignore cones) - (i) fake one way, take the ball with the outside of the opposite foot, (ii) inside-outside with same foot - practice both feet!
3. **Combined** (with cones) - half of the players will be in the middle with the ball - half on the outside of the box ready to receive a pass. The players in the middle are challenged to perform various moves to beat the cones (up to 3 cones). Once performed, the player passes the ball to an open player on the outside and they switch roles.

Progression:

1. When passing to the outside, the two players should combine with a wall-pass.
2. The coach walks around with different color pinnies in the air - players try to be the first to see it and call it out!

Coaching Points:

1. Vision - Can the players find cones in the middle that are "free" so they don't run into each other? Once the player "beats" 3 cones, can they find a player open on the outside?
2. Execution of moves - break down moves for the players
3. Close control & lots of touches of the ball



2v1 Overload

Set Up:

20x20 yard box divided into 4 sections. Mini goals on opposite diagonal ends of the box.

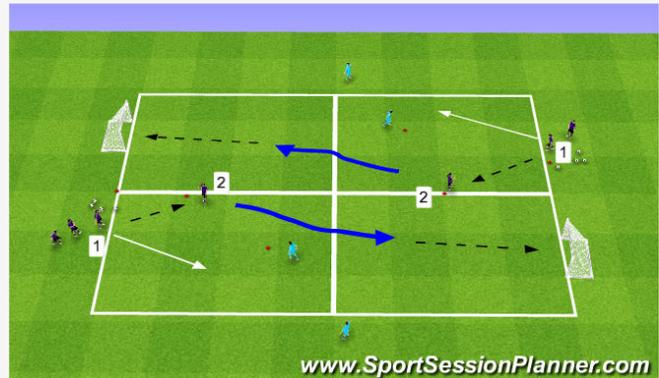
Organization:

Players start in 2 groups on each side of the field, 1 attacking and defending down the left side of the channel and 1 attacking and defending down the right (in opposite directions). 1 defender starts in the middle of each side, and can defend as soon as Player 1 passes to Player 2 and the attack begins

The object is for the 2 attackers to beat the one defender and score a goal. Switch defenders after 2 minutes.

Coaching Points:

1. Can player 2 control the ball with their first touch? Toe up/Heel down
2. Where is your teammate? Where is the space? Decisions on pass or dribble?
3. Player off the ball - where is the best place to support your teammate and make space big?



4v4 plus 1 to 4 goals

Set Up:

30x20 yard field with 4 goals (Each team attacking 2, defend 2)

Vertical/horizontal lines to evaluate and teach spacing

4v4 plus 1 neutral

4x 3-4 minute games

Organization:

1. Coach will pass the ball in and ask the attacking team to open into "good" attacking shape.
2. Players should be in a "diamond" formation to start to understand the importance of "big" attacking shape when they have the ball. If possible, the plus one player can be an older player or volunteer coach who can help the game have more control.

Coaching Points:

1. Team (Possession) - How can we open up the field and make it harder for the defenders? Where is the open space?
2. Individual (Possession) - Where are the defenders? Where are your teammates? Where is the open space?
3. Individual (Possession - off the ball) - Where is the best place to



support your teammate?

4. Encourage and allow creativity on the dribble AND the decisions to pass to an open teammate.