

Ball control - ages 8+9



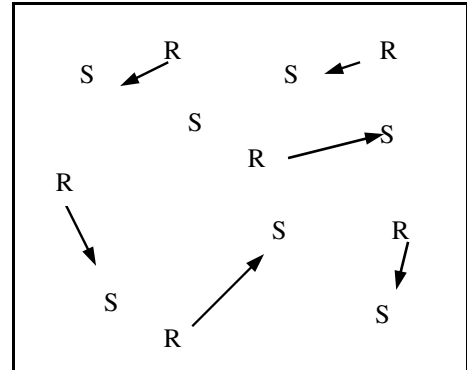
Station 1– First touch and control drill (unopposed)

Organization: all players in 20 x 20 yard grid.

Half of the players take up positions in space and have a ball in their hands. The other players run to the players and have a ball served to them. They must control it, pass it back and then run to another open server

Coaching points:

- (serve to between ground and waist height) Get body behind the ball; Use the inside of the foot to control the ball, turns slightly sideways on, lift knee high and cushion the ball on the inside of the foot.
- (Serve towards waist) Use the thigh cushion the ball down onto the ground by lifting the thigh up and when the ball makes contact pull the thigh away to cushion it.
- (Ball served to the chest) Pull the shoulders back and allow the ball to hit the chest, let it move out of your feet slightly and pass the ball back.
- (Ball served to the head) Make a cushioned header down to the feet of the server—head the top part of the ball do not push your head through the ball, allow the ball to hit the head.
- For all progressions emphasize the need for lots of small steps, bad footwork = bad first touch
- Emphasize the need for communication, server only to throw the ball when runner is ready for it, runner to ask for the ball when they want it.



- **R = runner**
- **S = server**

Progression

Rotate runners and servers after each technique.

Station 2 - Keep Away (opposed passing)

Organization: At least 5 v 1 to start with to ensure early success

Passers score a point for every time they make a pass, defenders score a point for every time they kick the ball out of the grid (approx 20 x 20 yards)

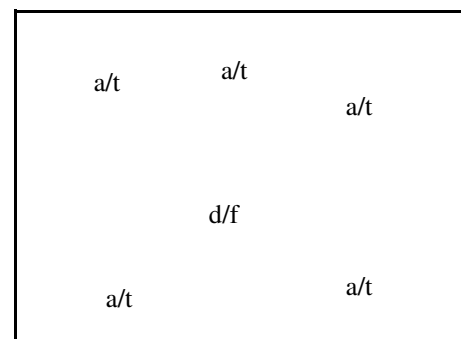
First to 10 points, then change defender.

Coaching points

- Ensure first touch is away from the defender and slightly out of the feet for the pass
- Decision—play early or late (assess position of defender)
- Disguise, use tricks to fake out the defender
- Players without ball—support and observe
- Distance and angle of support
- Timing of support, move as the ball moves

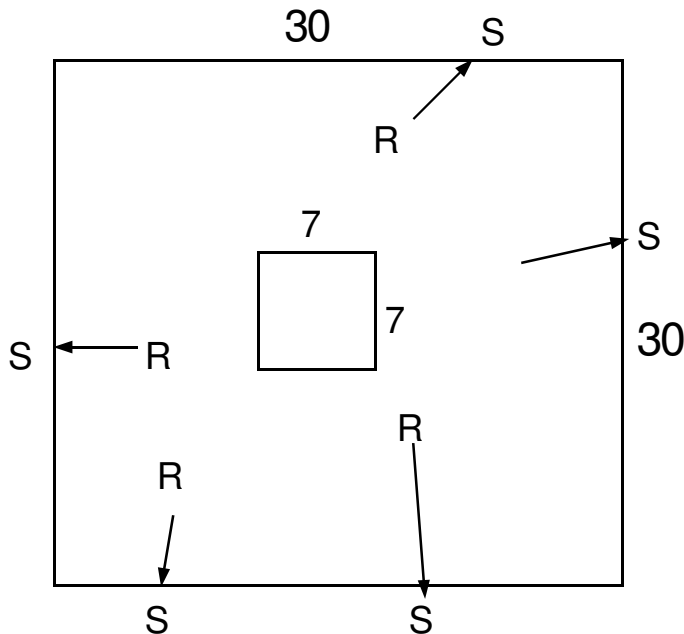
Progression (s)

4 v 2 same rules apply



Keep Away—2 equal teams; player with ball cannot move, only pass. Team without the ball may not tackle the ball, only intercept passes. Which team gets the most consecutive passes.

Station 3 - Passing and receiving drill



- R = runner
- S = server

Organization: 30 x 30 grid with a 7 x 7 grid in the middle.

Half of the players on the outside of the big grid with balls at their feet, the other half inside the little grid. The player in the little grid run to the outside and receive a pass, pass it straight back first time and run back through the little grid to receive another pass.

Progressions

- Player receives pass and then turns with the ball and dribbles through the grid always looking for where to pass the ball. They pass to a free server and then go looking for another ball.
- Player receives the pass, turns with it and dribbles to the little grid. They then play a punch pass to an open server from the little grid

Coaching points:

- When receiving the ball ensure the first touch takes you in the direction you want to go in.
- If the pass is the right pace get the body half turned and merely follow the ball.
- Communication—servers not to pass the ball until the runner is ready for it

Scrimmage Time—focus coaching points on receiving and controlling the ball.