



U4-U6 Recreation Practice 2

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Game (15 mins)

Organization

2v2-4v4.

Two teams with no Goalkeepers.

If the ball leaves the field of play, players dribble or pass the ball in to restart.

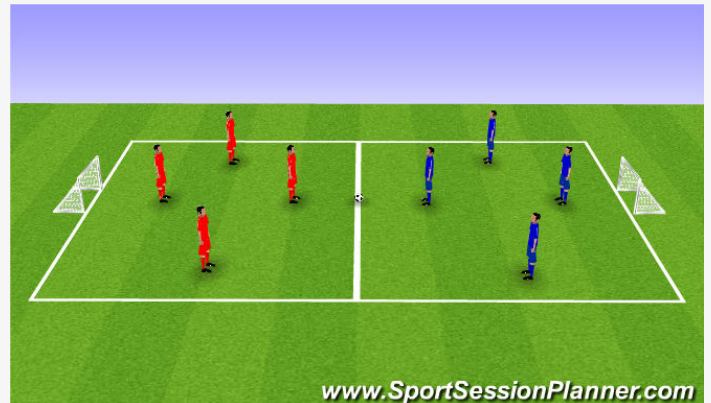
Coaching Points

Head up to find the space.

Dribble as fast as you can into the space while keeping the ball close.

Don't bump in to someone - where can you move the ball so you don't hit someone else? (Around them or change direction)

Don't let the ball go out of bounds - how can you stop the ball from going out of bounds? (Change direction)



Body Parts (15 mins)

Organization

Every player has a ball and the players dribble inside the playing area.

When the coach calls out a body part, the players stop the ball with the called part.

Example: Coach says "knee", all players try to stop the ball with their knee.

Do not use "hands."

Variations

A) Call two body parts they have to use both. Example: knee, foot. The players touch the ball with their knee and then stop it with their foot.

B) The coach is silent but nominates one player to stop the ball. Whatever body part that player uses, every other players uses the same body part.



Coaching Points

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Coach Behavior

If the players are having problems stopping the ball with a body part, then have the players stop the ball with their foot first, and then touch the ball with the body part called. No hands!

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