



## U4-U6 Recreation Practice 4

**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.

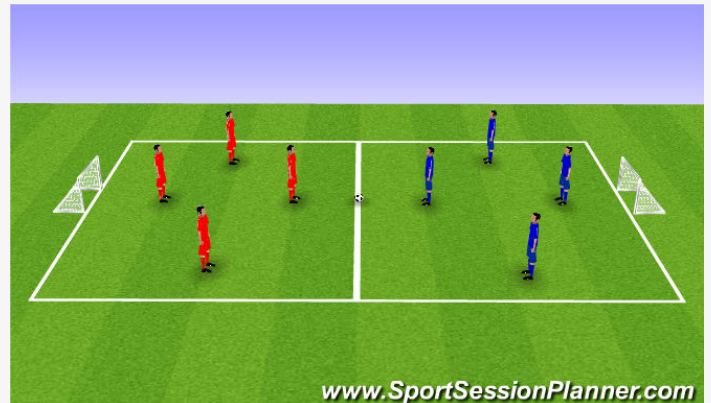
#### Coaching Points

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)



### Ouch! (15 mins)

#### Organization

Every player has a ball.

The coach walks around the playing area.

The players dribble their ball and try to strike/pass the ball and hit the coach below the knee.

When the coach gets hit they yell "ouch!"

#### Variations

The coach can change directions.

The coach can change speeds.

#### Coaching Points

Awareness - look for the coach!

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

Technique of pass - Use laces (toe down, heel up, ankle locked), push the ball to the coach.



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