



U7-U13 Recreation Practice 2

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Changing speed 1v1 (15 mins)

Organization

In pairs, one player needs a ball.

Player one tries to keep the ball away from player 2 - they can go anywhere inside the grid.

On the whistle/coaches shout, the player with the ball stops and has to hide the ball against the other player (the ball does not move).

On the next whistle/coaches shout, the player with the ball dribbles in the area again.

Coaching Points

Changes of speed - slow to fast, fast to slow to fast.

Awareness - head up to see the defender, ball, players and space.

Technique of hiding the ball = get side on to create a bigger gap, make sure your body is between the ball and the defender.

Questions to ask your players

How can you really frustrate/lose the defender? Change speeds!



Home Stadium 1v1 (20 mins)

Organization

In pairs, one player has a ball.

Half of the players are given a ball in their stadium (their teams half of the field).

Once they have the ball in their stadium (half), then the players must try to keep it there.

The other half of the players must win the ball and get the ball to their stadium (half of the field).

The team with the most balls in their stadium (half of the field) wins after the allotted time.

Coaching Points

Changes of speed - slow to fast, fast to slow to fast.

Awareness - head up to see the defender, ball, players and space.

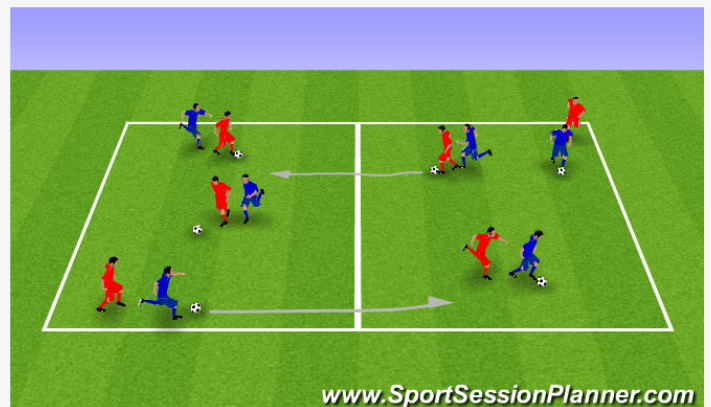
Technique of hiding the ball = get side on to create a bigger gap, make sure your body is between the ball and the defender.

Questions to ask your players

How can you get the ball back to your stadium? Win the ball, head up, dribble into space until you get back to your stadium. Might have to hide the ball to gain possession of the ball.

Coach Behavior

Encourage the defenders to win the ball back without kicking the ball out.



Game (25 mins)

Organization

4v4-9v9.

Two even teams with Goalkeepers if U9-U13 (if the players have goalkeeping gloves).

U7-U8 do not play goalkeepers.

Regular soccer rules, except no throw-ins in practice (dribble or pass the ball in).

Coaching Points

Technique of changing speed

Questions to ask your players

What have we done in this practice? Relate to the game!

Considerations



Uneven numbers - use a neutral player (players that play for both teams).