



U7-U13 Recreation Practice 3

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Ball Mastery (15 mins)

Organization

Every player has a ball.

A - Free Play. Players dribble & experiment with the ball.

B - Players dribble inside the area. When the coach shouts "change," the players leave their ball and change balls with another player.

C - Same as B, but now the players decide when to change balls with another player.

D - In pairs, players play against each other 1v1.

Coaching Points

Technique of dribbling - toe down, dribble with pinky toe, head up to find space.

Technique of Hiding the ball - body between ball and defender, create a big gap

Manoeuvre - move the ball into space after securing possession of the ball



King/Queen of the Ring (20 mins)

Organization

Everybody has a ball

On the coaches signal, the players try to keep their own ball and kick the other players balls out.

If a players ball is kicked out, then they are still in the game.

Players without a ball try to get a ball from another player. Players can not bring a ball in that has been kicked out of the area.

The last player with a ball wins.

Coaching Points

Technique of dribbling - toe down, dribble with pinky toe, head up to find space.

Technique of Hiding the ball - body between ball and defender, create a big gap

Manoeuvre - move the ball into space after securing possession of the ball



Questions to ask your players

How can you move the ball into space? (changes of speed and direction)

Coach Behavior

Encourage players to win the ball by not kicking the ball out if they don't have a ball.

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 dribbling - toe down, dribble with pinky toe, head up to find space.

Technique of Hiding the ball - body between ball and defender, create a big gap

Manoeuvre - move the ball into space after securing possession of the ball



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).