



U7-U13 Recreation Practice 1

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Hiding the Ball (15 mins)

Organization

Put the players into pairs and the ball between the players.
On the whistle/shout, the blue player has to touch the ball with their foot and the red tries to stop them from touching it (can not move the ball).
After 30 seconds, they switch places (blue protects the ball and red tries to touch it).
How to make it competitive? Have the players count how many times they touch the ball with their foot. Can they protect the ball when its their go, so his/her partner can not touch the ball as many times as they did.

Coaching Points

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

Where can you stand so you're between the ball and opposing player?

How many people have touched the ball through somebodys legs? Why does that happen? Because they are flat to the ball (their back is in the chest of the defender). The player should have their shoulder facing the defender.



Moving the Ball (20 mins)

Organization

Same area/set up as hiding the ball.
Players stand 3-5 steps apart with the ball in the middle.
On the whistle/shout, the first player to the ball, protects the ball.
Players play for 30 seconds. Game rules apply (ball goes out = the other player has the ball).
The player with the ball at the end of the 30 seconds gets a point/goal.
Progression 1 - On the players movement the exercise starts
Progression 2 - Directional. Players try to dribble over the opposing players line and put their foot on the ball.

Coaching Points

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

What else do we have to consider other than the ball and defender? (out of bounds) Where you are is very important.



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 hiding 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).



