



## Academy Session 1 Full Session

Category: Technical: Ball Control

Difficulty: Beginner

Forrest Randall, Richfield, United States of America  
Individual-Young Member

### 4v1 Rondo Series (10 mins)

#### 4 v 1 Rondo Series

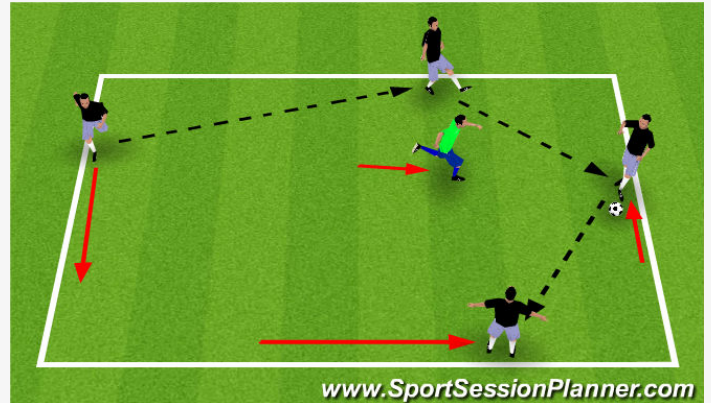
Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Setup:

- 1 square (roughly 7m x 7m)
- Total of 5 players
- 1 player on each side
- 1 defender inside

Action:

- 2-touch keepaway (no other number of touches allowed)
- Offensive players confined to their side of square
- Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
- Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession.
- Offensive players must receive passes across their bodies and with the inside of foot!
- Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
- Speed of play should be maximized.
- Defender must go 100%. (or whatever trainer sees fit)



### Speed & Agility (10 mins)

#### Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase

Setup

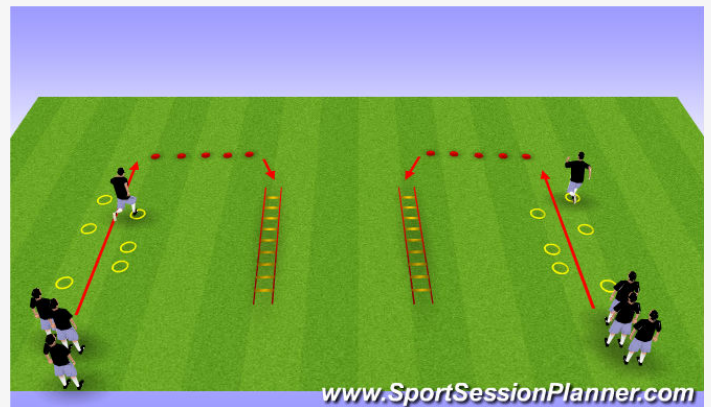
- Age group split into two teams
- 6 agility rings, 5 ladder cones, 1 ladder in sequence

Action

- Teams begin with 2 repetitions for practice, followed by 1 competition
- Next personal in line begins as teammate completes rings portion
- Competition - Kneel when done, first team back wins!
- Focus is on accuracy and weight of foot strike, lowering hips in lateral lunges, vision up
- Trainer selects pattern of rings and agility footwork

Progression

- Rings - LRRLLR, RLLRLR, RRR,LLL
- Lateral ladder - Two step, forward/back slalom, kareoka
- Vertical Ladder - Two step, icky shuffle, bunny hop



## Foundational Dribbling (15 mins)

### Foundational Dribbling Series

Objective: Perform dribbling exercise using correct surfaces of feet and body posture

Focus:

**Outside of foot** - Lock ankle, point toe down and turn foot slightly inwards, touching the ball with foot between little toe, and the outside of the laces on your boot

**Inside of foot** - between the middle of your foot and just before your big toe. Stay balanced and lean slightly over the ball

**Athletic Stance** - Low & wide in cuts (lunge technique), bending in knees, lower hips

Setup

- Four differing patterns of slalom cones
- Age group separated into 4 groups (each player w/ ball)

Action

- Trainer demonstrates series for each station
- Next player can begin when teammate reaches 4th cone
- Players go through each station 3 times then rotate

Progression

- Station 1 - Inside only, outside only (2 touch)
- Station 2 - Inside only, outside only (2 touch)
- Station 3 (to the cone, not around) - Outside-Outside-Inside, Outside-Outside
- Station 4 (to the cone, not around) - Outside-Inside, Outside only (1 touch),



## TRAFFIC JAM! (15 mins)

### TRAFFIC JAM! (Dribbling Activity)

Objective: Utilizing multiple surfaces to maintain dribble through traffic

Focus: Using multiple surfaces, keeping the ball close, attack space, head up

Setup:

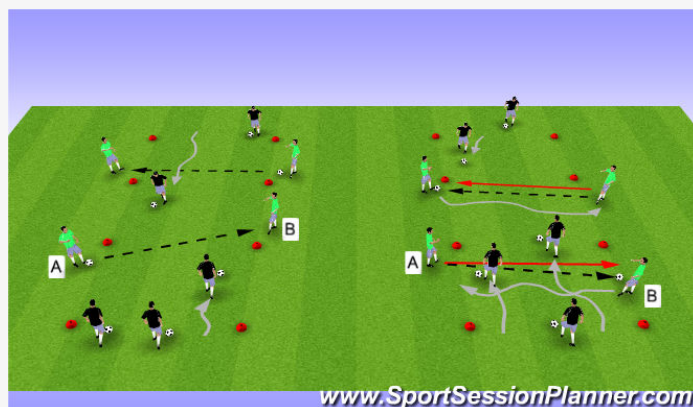
- 8x16 box
- Two teams working opposite sides of rectangle
- Players dribbling length of box - 1 ball per player
- Players dribbling/passing side to side - 2 balls per group

Action

- Begin with practice round to refine technique - no score
- Follow up with 3 competition rounds (45 seconds on)
- Following 3 rounds, have teams rotate, begin with practice round, repeat

Progression

- Round 1 - Player A passes to Player B. Player B does 3 outside-inside stationary cuts, then passes ball back to Player A who does the same. Repeat. (Green - 1pt for pass and receive, Black - 1pt per dribble across)
- Round 2 & 3) - Green Player A passes ball across to Player B, Player A follows pass, Player B then dribbles to opposite side to swap spots. Begin same pattern starting with Player B. (Green - 1pt for each dribble across, Black - 1pt per dribble across)
- Optional Round 4 - Put dribbling restrictions on dribbling team (outside only, inside only, bottom foot, etc)



## Final Game (20 mins)

### 4v4 Endzone Game

Objective: Increase confidence in dribbling under pressure

Focus: Encourage players to switch the play to find the space to dribble 1v1 or create 2v1 situations.

Setup: Each team is given an end zone to defend and an end zone to attack. The team in possession must try to dribble the ball into the opposition's end zone.

A goal is scored when a player dribbles past a defender and into the opposition's end zone

After a goal is scored, the opposing team starts with ball from inside its end zone. If the ball goes off the side of the pitch the game is restarted with a grounded pass from where the ball left the pitch

Possible Progression: Introduce a man marking rule where each player man marks a player on the opposing team. This player can only tackle the player they are man marking. This progression forces the players into 1v1 duels.

