



## Academy Session 2 Full Session

Category: Technical: Ball Control

Difficulty: Beginner | Start Time: 04-Dec-2018 05:00h

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

### Description

Increasing individual confidence on the ball in 1v1 situations

### Speed & Agility (10 mins)

#### Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase

#### Setup

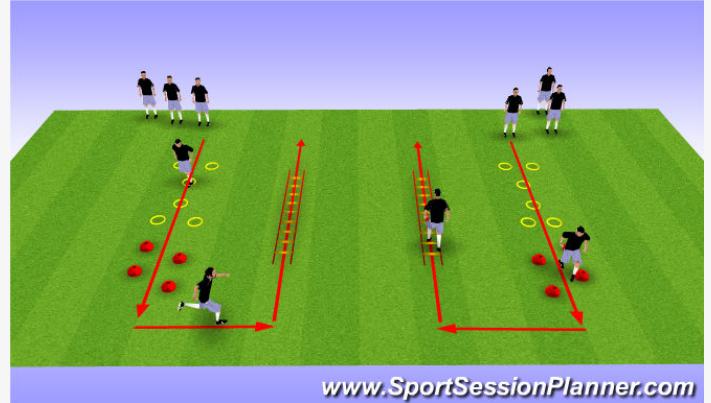
- Age group split into two teams
- 6 agility rings, 4 ladder cones, 1 ladder in sequence

#### 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 - 2-1-1-2, 1-2-1-2, RRLL
- Vertical Ladder - Two step, icky shuffle, bunny hop



### Beast Mode (20 mins)

#### BeastMode Dribbling Series

Objective: Perform dribbling exercise using correct surfaces of feet and body posture. Properly utilize the lung technique with outside of foot cut/turn

#### 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

- 15x15 box w/ 3x3 box in center
- Age group separated into 4 groups (each player w/ ball)
- Each group is assigned to different cone at outer box
- Trainer demonstrates for each dribbling/cutting series
- Players practice 3 times through, then compete 1-2 times for each technique (relay race)

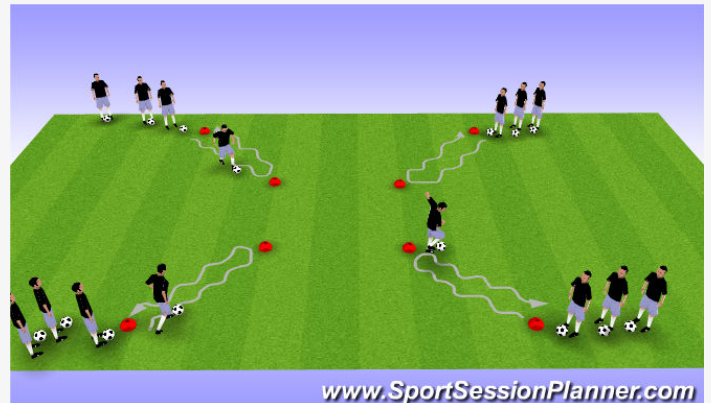
#### Action

- 1st player begins by dribbling towards central cone then turning back to line
- Utilize demonstrated technique DOWN and BACK
- Next player can begin when teammate returns to line

#### Progression

- Dribbling 1 - Laces (speed dribbling)
- Dribbling 2 - Inside-outside
- Dribbling 3 - Inside-inside
- Dribbling 4 - Step-over move (3x down/back)
- Dribbling 5 - Scissors move (3x down/back)

**\*\*Trainer is free to use whichever turning method they prefer\*\***



## BeastMode Competition (20 mins)

### BeastMode Competition

Objective: Introducing 1v1 technical/tactical components

Focus:

- Finding space on the dribbling
- Closer space = closer touch & more touches
- Deceptive = show one way, move the other
- Shielding the ball = arm out into hip, don't expose the ball

Setup:

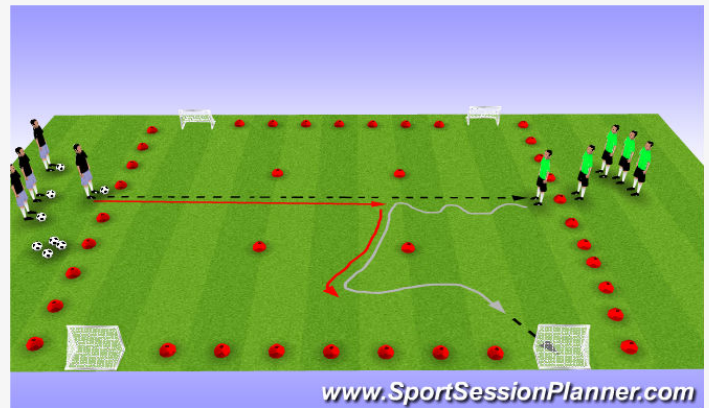
- 20x20 grid w/ 5x5 box in the middle
- 4 pugg goals just off each corner

Action

- Begin with both teams having the balls. Players from both teams dribbling directly at each other under control, then cutting to the side to then shoot unopposed into far goals (choose LEFT or RIGHT, then switch)
- After practicing previous step, give one team all the balls
- Team with balls will begin as defending team, playing a ball to player on attacking team
- Attacker must dribble into central box before attacking ANY of the 4 goals
- If the ball goes out of the grid or player misses/scores, begin next pair
- 1pt for goal attacker, 1pt for goal defender
- First team to 10 wins

Progression:

- Attacker has 12-15 seconds to score!



## Scrimmage (20 mins)

### Final Scrimmage

Objective: Create confidence in recognizing and implementing 1v1 situations

Focus:

- Finding space on the dribbling
- Closer space = closer touch & more touches
- Deceptive = show one way, move the other
- Shielding the ball = arm out into hip, don't expose the ball

Setup:

- Two 20x30 fields of 4v4 or 5v5
- Shooting line 7yd from each goal
- Balls split evenly between each goal

Action:

- Standard 4v4 scrimmage to goal
- Attackers must cross shooting line before attempting a shot
- First team to 6 wins

