



Academy Session - Week 3 Sunday

Category: Technical: Ball Control

Difficulty: Moderate | Start Time: 16-Dec-2018 11:00h

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

Speed&Agility (15 mins)

Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase

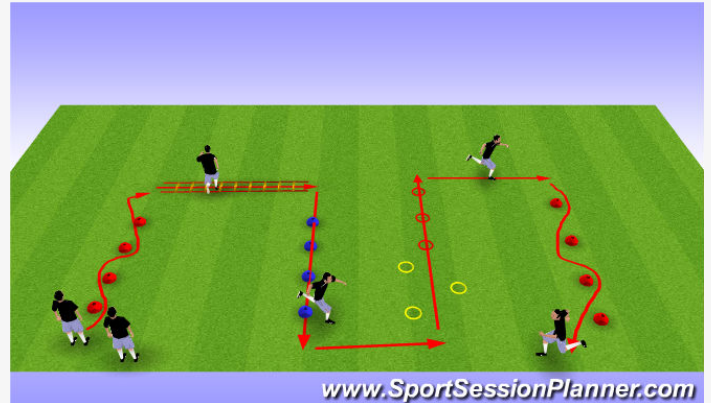
Focus: Lowering hips during change of direction, wide athletic stance in cuts, light footwork

Setup:

- Age group split into two teams
- Equipment as detailed in picture
- Teams begin with 2 repetitions for practice, followed by 1-2 competitions
- Next person in line begins as teammate completes lateral ladder

Progression:

- Ladder Cones - Trainer selects desired pattern
- LATERAL Ladder - two steps in/out, kareoka, 1 step (RRRRLLLL)
- Rings - Trainer selects desired pattern
- Skill Cones - double scissors using cone, double stepover, stepover-scissors



Dribbling Series (20 mins)

Dribbling Series

Objective: Improve comfortability with multiple surfaces of the foot

Focus: Manipulating the ball, using multiple surfaces of feet, depth at which attacker begins the move

Setup:

- 20x20 grid, random cones laid inside the grid
- Each player with 1 ball, coach 1 ball for demo

Action:

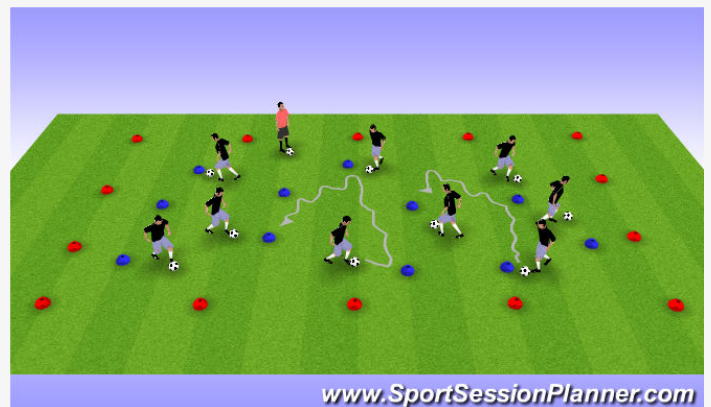
- Coach introduces a new skill for the players to mirror
- Players perform skill for 60 second practice, followed by 30 second competition, repeat
- Stationary Competitions - 1pt for each skill completed in place
- Movement Competition - 1pt for each skill performed at a different cone

Progression

- Stationary - pull-push alternating, V-pull/push, L-cut (cruyff)
- Movement - Slap roll, scissors, stepover, v-pull/push

Progression for Advanced Players

- Movement - stepover-scissors-outsidecut, slap-cut



BeastMode Competition (20 mins)

BeastMode Competition

Objective: Dribbling under control while perform skill and turns

Focus: Manipulation of the ball during skill phase

Setup:

- 20x25 grid w/ one 1 goal
- Dribbling/shooting line 7-8yds from starting line
- Teams split into equal groups, every player w/ a ball

Action:

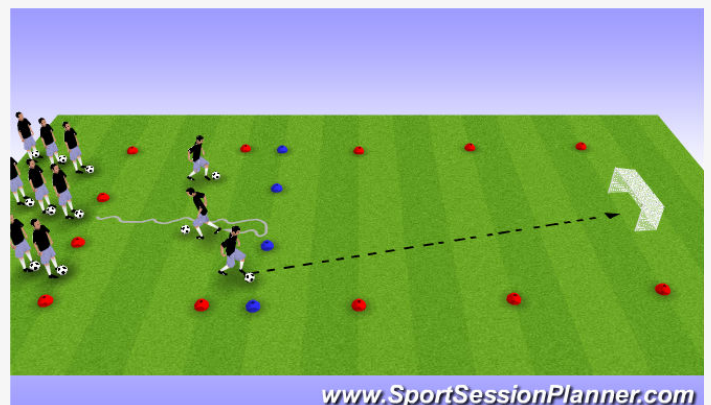
- Player dribbles 3x between start and dribbling line (down-back-down)
- Perform skill 2-3x between each length
- Player shoots at goal when arriving to blue cone for 2nd time
- Next player in line begins once player returns

- 1 practice round and 1 competition round for every skill/turn

Players don't retrieve balls from goal until everyone has finished

Skill Progression

- Trainer selects both SKILL and TURN they want to perform



Scrimmage (20 mins)

4v4 Endzone Game

Objective: Increase confidence in dribbling under pressure

Focus: Increased attempts to dribble rather than pass

Setup:

- 20x30 grid
- 2 equal teams

Action:

- 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 before shooting on either pugg
- 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.

