



## Mooroolbark SC - U12 Stu - July Week 4 Session 2

Category: Technical: Ball Control

Difficulty: Beginner

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### Warm up (10 mins)

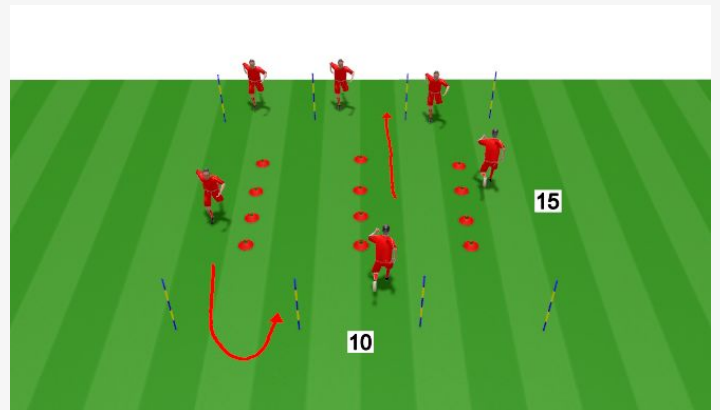
#### Warm up - 12 minutes

Continuous movement: Light Jog / Side Shuffle each way / Side to side/ accelerations (forward and backwards) / High knees / Heels /

Dynamic Movement: High knees / Straight legs / Hip rotations in / Hip rotations out / Back leg extensions

Neuro-Prep

Bounding vertically / Bounding forward / Accelerate forward two / pylons accelerate back one / Lateral accelerations in-between red and yellow pylon / Lateral accelerations around red and yellow pylon



### Warm Up Ball Mastery (20 mins)

#### Organization:

- Circle 20 ya (Soccer field circle)
- 12 players
- 1 ball per player

#### Instructions:

- Player dribble and juggle following the instruction of the coach
- (juggling, dribbling with laces, sole, inside, both feet etc...)
- Stay inside the circle

#### GAME

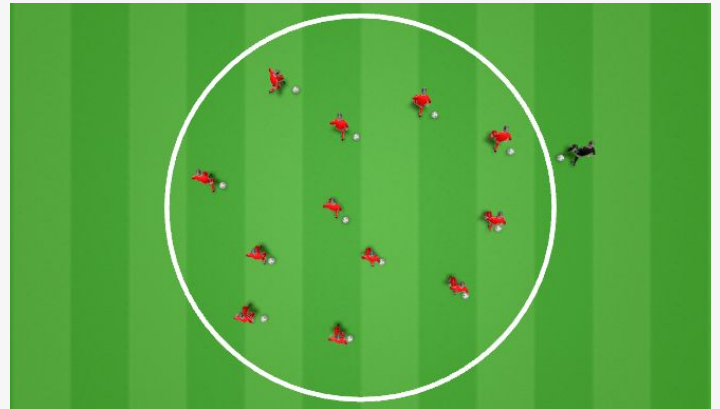
Players have to kick the ball out of other players.

Use this to get the players to grab bibs to split into groups

AIM: weaker players get spit out first

Coaching Points/Questions:

- Small touches, keep ball close
- Head up, don't run into each other
- whistle leave your ball and take another one



## Technical (15 mins)

### Pitch:

40 x 30 large pitch used for all 3 drills. Cones to indicate middle section.

### Organisation:

4 Lanes with cones indicating position that middle players should take.

In groups of 3, players are to pass the ball to the receiving player in the middle who can turn and pass the ball to the player at the other end or pass the ball back to the passer.

Players can use different types of skill such as dummies the ball through legs and passing to the player who originally passed the ball. Rotate middle player after 2 mins. After 3 rotations, players should swap groups

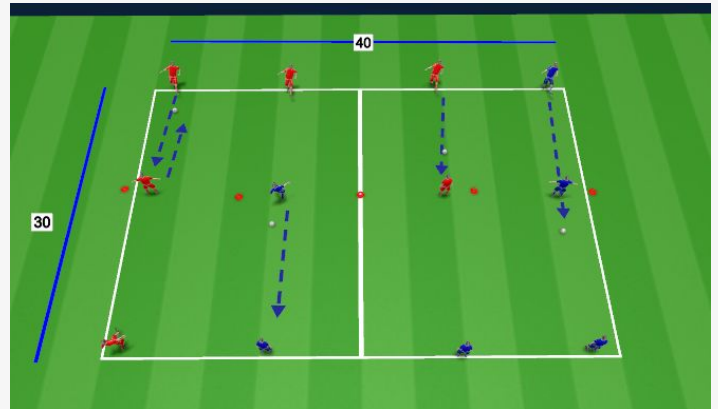
### Key Factors:

Accuracy of pass

Communication between the groups

### Mechanics:

Look at target, Eye on the ball, Standing foot comfortable, Angle of approach, Strike centre of ball, Firm ankle, follow through.



## First touch

### Setup

Pentagon in the middle of cones

Two gates at either end

Balls start at position 1

### Directions

Position 1 passes into the the pentagon

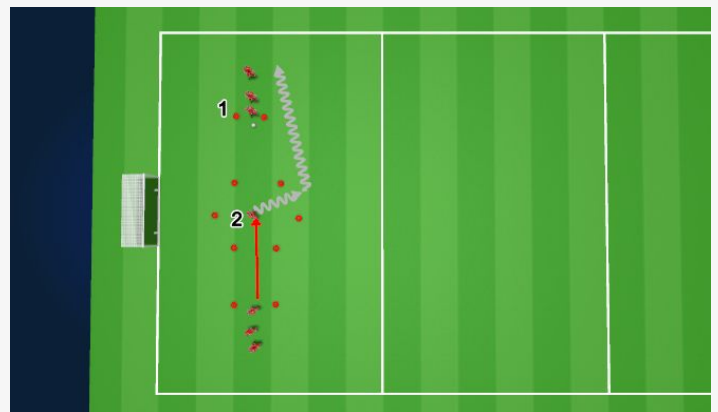
Player from opposite side runs into the pentagon to receive the ball

Takes touch and then moves though either side gates and back to line of opposite side

Each side alternates being the passer or the receiver each time

Progrtessions

1. Touch With Inside Foot (Outward)
2. Touch With Inside Foot (Inward)
3. Touch With Inside Foot / Off-Foot Dribbling
4. Touch With Outside Foot
5. Backward Outside Foot Touch
6. Touch With Inside Foot / Backward Outside Foo
7. Backward Inside Foot Touch



## Back to Goal Game (20 mins)

### OVERVIEW:

Setup a 20 x 20 pitch and place two goals back to back in the middle of the pitch. Organise two teams with a 5 x 5 zone around the goals to create a score zone. In order to score the attackers must be inside the score zone in front of either goal. Defenders cannot be in the score zone for any longer than three seconds. Once a goal is scored, the team that scores restarts from the score zone area, however, must get into the opposite half before they can return and score. Defenders should look to protect their goal and prevent the attackers from turning and play into the opposite side where possible.

### COACHING POINTS:

Deny, Delay, Deflect, Defend

### PROGRESSIONS:

To progress this further, add goalkeepers in each of the two goals. REGRESSION: To simplify this game, players are locked into their half (you may want to add a constraint that one attacker and one defender can move into the opposite half).

