



08B Reds - 1v1 to Maintain Possession/Shielding

Category: Technical: Ball Control

Difficulty: Beginner | Start Time: 06-Mar-2017 17:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

08B Reds Academy Training Session

WARMUP: Tail Tag (10 mins)

DESCRIPTION/ORGANIZATION:

2/3 of the players are given a pinnie to tuck loosely into the side of their shorts

1/3 of the players do not have a pinnie and are it

On coaches command - players without pinnies try to take them from players who have them

Player who is it who takes the most pinnies wins

Player with pinnie who has it stolen last wins

COACHING POINTS:

How can you be sure to keep your pinnie away from the taggers?

*Head up and peeking to see where the pinnie stealers are coming from

*Position body in between the tagger and your pinnie

*Sideways on body shape to put pinnie farther from taggers

*Use your arm to own your space, hold off tagger and feel for where they are

*Bent knees with low center of gravity



WHOLE: 2v2 to Two Goals (15 mins)

DESCRIPTION/ORGANIZATION:

Players split into two teams with equal numbers at each cone on each end of the grid.

Coach plays in ball to any player and each player in front of line enters to play 2v2.

Score by stopping the ball on the end line.

When goal is scored or ball goes out of play, players exit quickly and coach immediately plays in new ball.

COACHING POINTS:

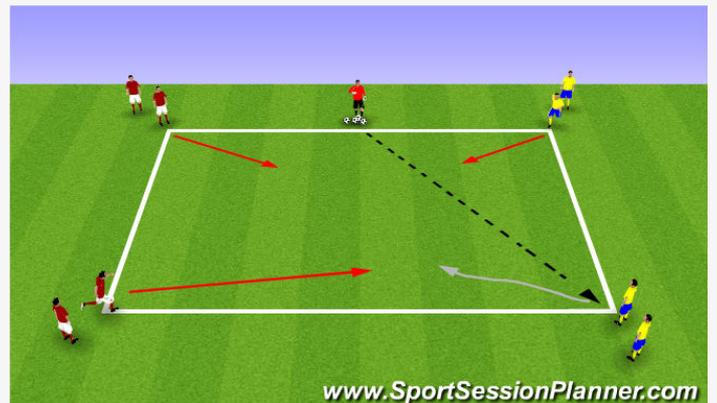
*Face up and attack aggressively to goal whenever possible

*If you get even with a defender be sure to dribble with your body between the ball and defender so they can not tackle it.

*If you get beyond the defender dribble into their path so that they can't get between you and the goal.

*If at risk to lose the ball and you don't have anyone to pass too, can you shield the ball to keep possession until a teammate can help you out.

*When defending - step between attacker and the ball to make it yours whenever possible.



PART: Ball Tag (15 mins)

DESCRIPTION/ORGANIZATION:

Activity 1: Divide players into pairs, each player with a ball. One partner should pick their ball up while the other keeps their ball at their feet. The player holding the soccer ball is the tagger. The tagger should try to hit the dribbler's ball with his/her own ball. As soon as contact is made, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball. Play one-minute games. Players left with the ball in their hands at the end of one-minute do a special activity. Be sure to mix up partners so players compete against new players.

Activity 2/If You Don't Have a Ball Get One - Half of the players have a ball and half do not. On coaches cue, players without a ball try to steal a ball from someone who has one. Players with balls try to shield them a maintain possession. Play for 45 seconds and switch. Players without a ball at the end have to do some type of activity.

COACHING POINTS:

How can you be sure to keep your ball away from the opponent?

*Position body in between the opponent and your ball



- *Sideways on body shape to put ball farther from defender
 - *Use your arm to own your space, hold off opponent and feel for where they are
 - *Bent knees with low center of gravity
- Defenders separating the attacker from the ball - putting their body between the ball and the attacker to win it

PART: 2v2 to Lines (15 mins)

DESCRIPTION/ORGANIZATION:

2 defenders begin inside their half of the field
 1 attacker passes into teammate but can't join until juggling another ball 3 times with feet (from hands)
 1 defender may enter the attacking half immediately to try to win the ball
 once 2nd attacker enters, players are free to move anywhere on the field
 Score by stopping the ball on the end line
 Rotate attacking and defending groups

COACHING POINTS:

- *While you are outnumbered, try to keep possession of the ball until your teammate joins the attack (shielding)
- *If you get even with a defender be sure to dribble with your body between the ball and defender so they can not tackle it.
- *If you get beyond the defender dribble into their path so that they can't get between you and the goal.
- *Face up and attack aggressively to goal whenever possible
- *When defending - step between attacker and the ball to make it yours whenever possible.



WHOLE: 5v5 to Lines (20 mins)

DESCRIPTION/ORGANIZATION:

5v5 to stop ball on the end line

COACHING POINTS:

All of the above

