



08 / U10G - 1v1 to Maintain Possession - Frozen

Category: Technical: Ball Control

Difficulty: Beginner | Start Time: 28-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

1v1 to Maintain Possession

Phase: Possession to Advance

Principle: Getting Unmarked/Open - Creating Separation from Defenders

Escape the Wolves (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

*Anna and Kristoff (dribblers) try to keep their ball away from the Wolves (players without a ball)

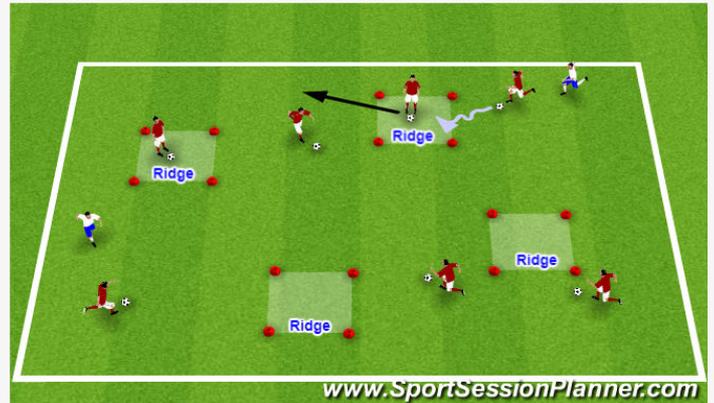
*If the Wolves can touch a ball with any body part (or just their feet) - they become Anna/Kristoff and the player who lost their ball becomes a Wolf

*Safe 'Ridges' are marked off using cones - any player on a ridge is safe from the wolves but only one player may be on a 'ridge' at a time - when another player enters the player there must leave

*Player for about 60-90 seconds - wolves at end of game must do a special activity

COACHING POINTS:

- Good first touch out of feet and be very positive
- Head up between touches to be aware of wolves and safe ridges to move onto
- Keeping ball the proper distance from body – smaller touches as you near ridge or wolf
- Body between ball and wolf to prevent them from touching it
- Low center of gravity with good balance and ability to change direction
- Body sideways on to create greatest separation between wolf and ball
- Play ball with foot opposite from wolf
- Sink at the knees, low center of gravity, good balance, engage wolf and use forearm to protect space



Castle Dribbling (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*The main grid is the space inside and around Elsa's castle - each dribbler is Elsa

*Introduce and provide repetitions of ball manipulations with both feet:

- Polish the ice – rollovers with sole of the foot
- Climb the mountain – toe touches on the top of their soccer ball
- Make a snowman - roll the ball forward with the sole of alternating feet
- Shovel snow - pull the ball backward with the sole of alternating feet
- Warm Anna – touch the ball back and forth between inside of feet (pendulums/foundations)
- Ice skating - outside/inside/lace/sole/switch feet

COACHING POINTS:

- Good first touch out of feet and be very positive
- Head up between touches to be aware of other players and grid boundaries
- Small quick touches and steps - good control of ball
- Keeping ball the proper distance from body – smaller touches as you near other players or sidelines
- Low center of gravity with good balance and ability to change direction



Snowball Tag/Win (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

Activity 1: Divide players into pairs, each player with a snowball. One partner should pick their snowball up while the other keeps their snowball at their feet. The player holding the snowball is the tagger. The tagger should try to hit the dribbler's snowball with his/her own snowball. As soon as contact is made, the tagger gets to dribble and the other player must pick his/her snowball up and try to tag the new dribbler's snowball. Play one-minute games. Players left with the snowball 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 snowball and half do not. On coaches cue, players without a snowball try to steal a snowball from someone who has one. Players with snowballs try to shield them a maintain possession. Play for 45-60 seconds and switch. Players without a snowball at the end have to do some type of activity.

COACHING POINTS:

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

- *Position body in between the opponent and your snowball
- *Sideways on body shape to put snowball 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 snowball - putting their body between the snowball and the attacker to win it



6 Goal Soccer Rugby (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*3v3 Six Goal Game in 32 yd wide x 25 yd long field - 2 yard wide cone goals

*Coach initiates game by playing in to one team who attack their opponent 3v3

*Teams score by dribbling ball through any of their 3 goals under control

*Rugby rules - players on the field may only advance the ball on the dribble (no forward passes)

*Players on field may pass back to teammates who can pass forward

*When a goal is scored or the ball crosses the endline, the defending team goes off and players behind the endline immediately enter with ball. Team that scored can press immediately

*Throw-in if ball goes out of bounds on the side.

COACHING POINTS:

***Using dribble to get unmarked/open - create separation from defenders:

- Good first touch out of feet and be very positive - attack open goals quickly
 - Head up between touches to be aware of defenders, goals and spaces to attack
 - Keeping ball the proper distance from body - smaller touches as you near defenders, sidelines or goals
 - Body between ball and defenders to prevent them from stealing it - dribbling with the foot away from the pressure
 - Shielding the ball when you are in trouble to keep possession
- ***Rapid transition between attack and defense, defense and attack

