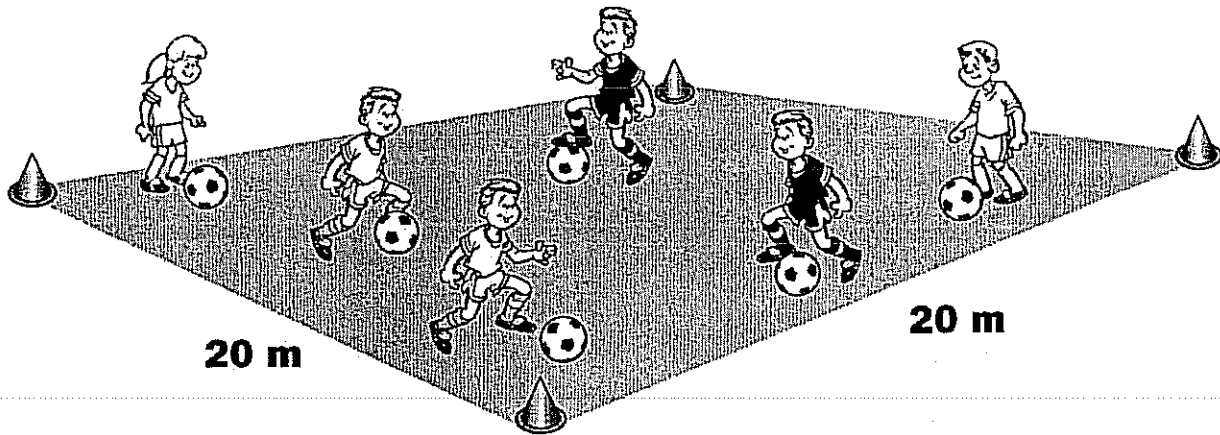


# Controlling/Passing/Heading

## Preliminary Activity

(5 minutes)

- All players have a ball and are dribbling within a 20 m x 20 m grid. On command the players:
    - 1) Stop with foot on ball
    - 2) Turn and go in other direction
    - 3) Leave ball and dribble someone else's ball.
- If players can cope easily, allot numbers to exercise and mix command e.g. 2-3-1



## Passing/Control

(5 minutes)

- Players in pairs with one ball, passing to each other. First with left foot, then right foot.

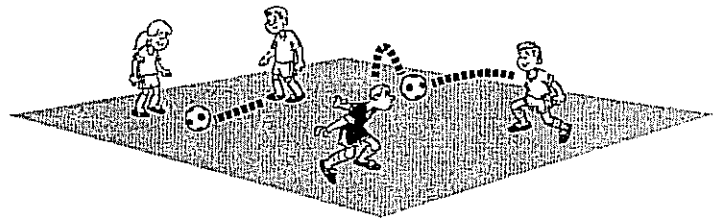
### Coaching Points:

#### Passing:

- 1) Turn toe out and tighten ankle
- 2) Kick through the middle of the ball

#### Heading:

- 1) Use forehead
- 2) Eyes on ball
- 3) Mouth closed



## Heading

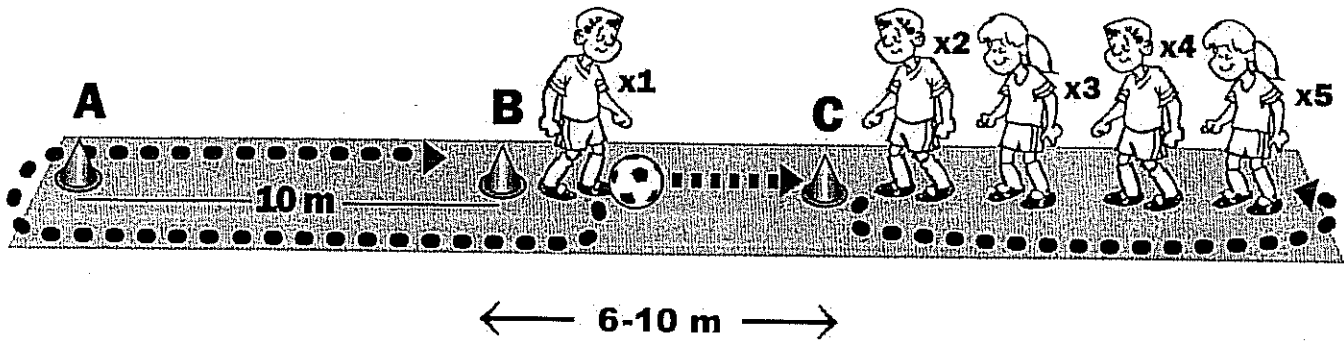
(5 minutes)

- Player throws ball in air, then heads ball to partner.
- Players in pairs try to keep ball in air with head.

## Games Activity: Relay Races

(15 minutes)

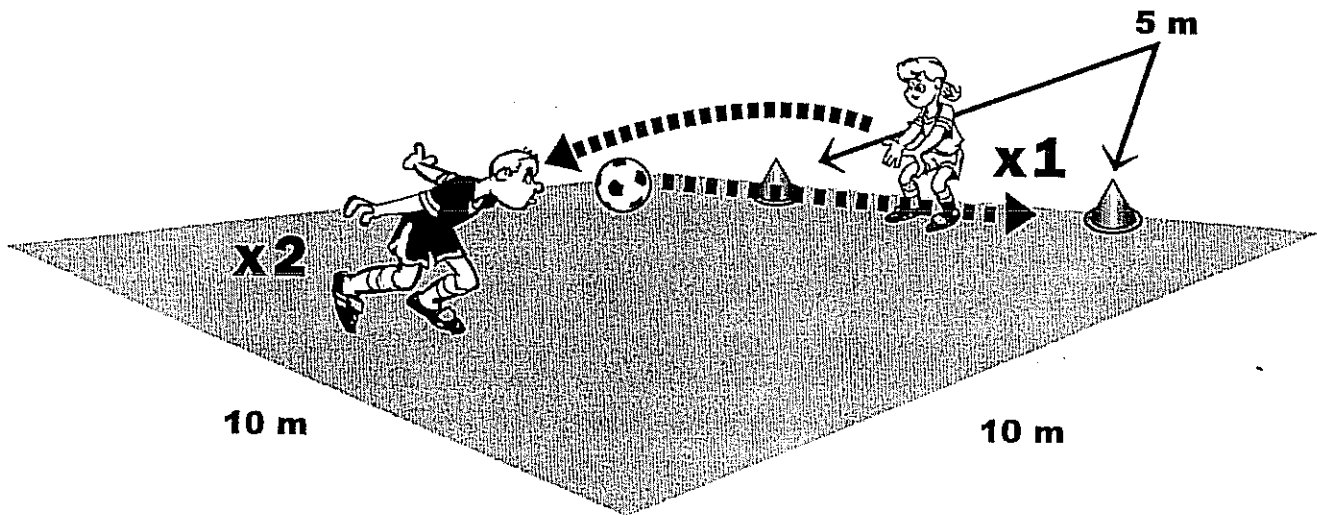
- Players in teams of five with one ball. Player (X1) has ball at cone (B). (X1) passes ball to each of his teammates who returns pass and moves to back of line. When the last player returns the pass, (X1) turns and dribbles around cone (B) 10 m away, before passing to (X2) at cone (C), and running to the rear of the line. The first team to finish and sit, wins.



## Heading

(10 minutes)

- In a 10m x 10m square with a goal and goalkeeper. (X1) serves underhand to (X2) who tries to head past goalkeeper.
- Each player gets five tries standing and then five tries where he/she has to jump to head.



## Mini-Soccer Game

(20 minutes)

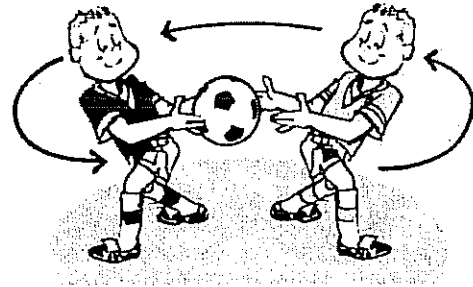
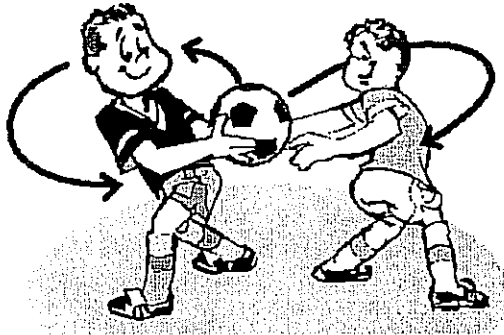
# Controlling the Ball/Dribbling

## Preliminary Activity

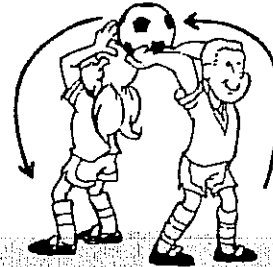
(5 minutes)

- Players in pairs with one ball

1) Pass ball with hands around body



2) Pass ball in figure-eight around body



3) Pass ball over and under body

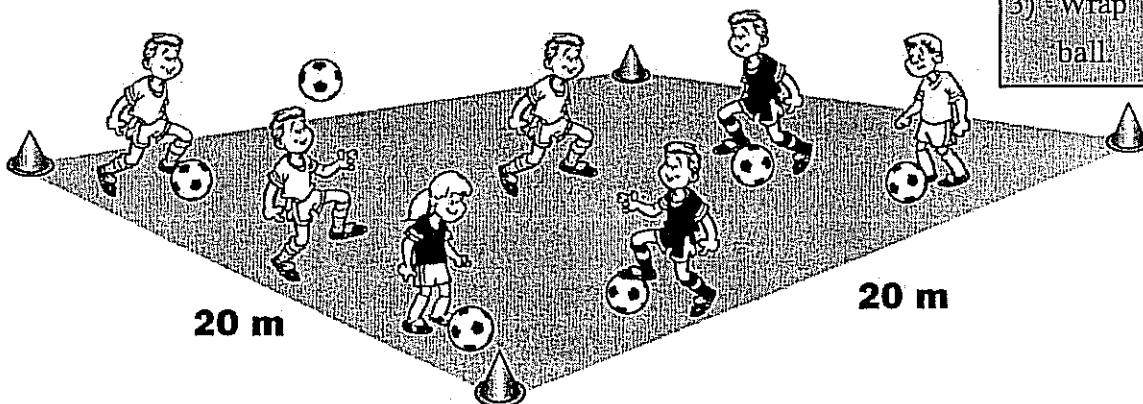
## Control/Dribbling

(10 minutes)

- Players have a ball each and dribble within 20 m x 20 m grid.
- On instruction from coach, the players will use different surfaces of foot to control ball: inside and outside of foot; stop ball with sole; turn and move in opposite direction; turn full circle using inside of foot; turn full circle using outside of foot.

### Coaching Points:

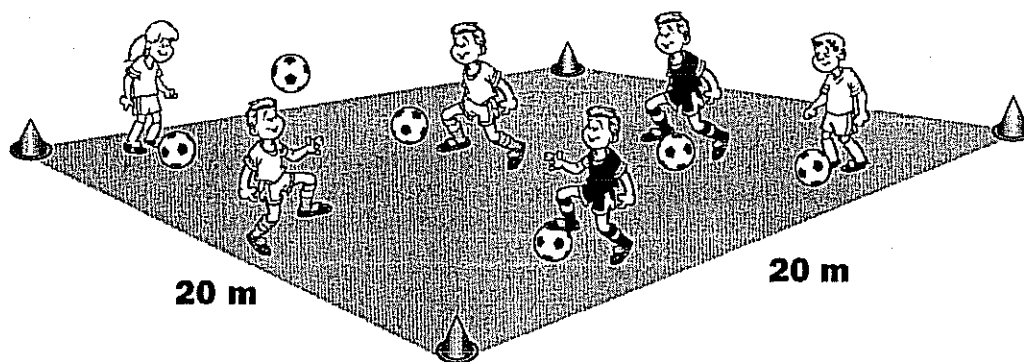
- 1) Gently push ball with the inside/outside of foot.
- 2) "Guide" ball with the feet - don't kick it.
- 3) Wrap foot around the ball.



## Space Pirates

(10 minutes)

- All players dribble within a 20 m x 20 m grid. A player without a ball (Space Pirate) is introduced. He tries to dispossess another player by “dribbling away” that player’s ball. A player who is dispossessed becomes the pirate.
- To make the game more interesting, a player can ward-off the pirate by putting foot on ball (space gun) and shouting “ZAP”



## Games Activity: Relay Races

(10 minutes)

- Players in teams of four with one ball. Teams race against each other, dribbling

- 1) Dribble from cone (A), around cone (B), 10 m away, and return.



- 2) Dribble completely around cone (B) once and return.



- 3) Dribble in and out of three cones and return



- Teams could run one or two circuits in each race

### Coaching Points:

- 1) Keep the ball moving.
- 2) Guide the ball with the inside/outside of foot.
- 3) Lift head and look around.

## Juggling

(10 minute)

- Player drops ball from hands onto foot, and flicks ball back into hands with foot.
- Once player is successful, progress to one bounce, then no bounces, between each contact.



## Mini-Soccer Game

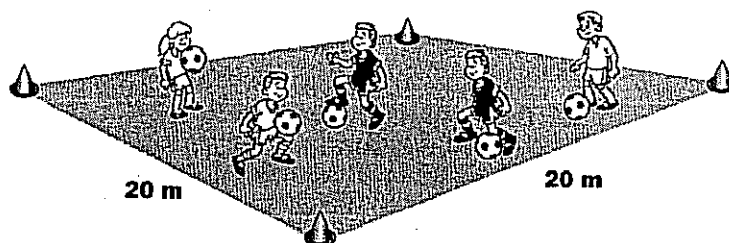
(15 minutes)

# Dribbling/Shooting

## Preliminary Activity

(5 minutes)

- All players each with a ball, dribble within 20m x 20m grid. On command/whistle the player puts a foot on the ball and then touches the ball with a specific part of the body e.g. elbow, knee.
- The players continue dribbling before another body-part is called.



### Coaching Points:

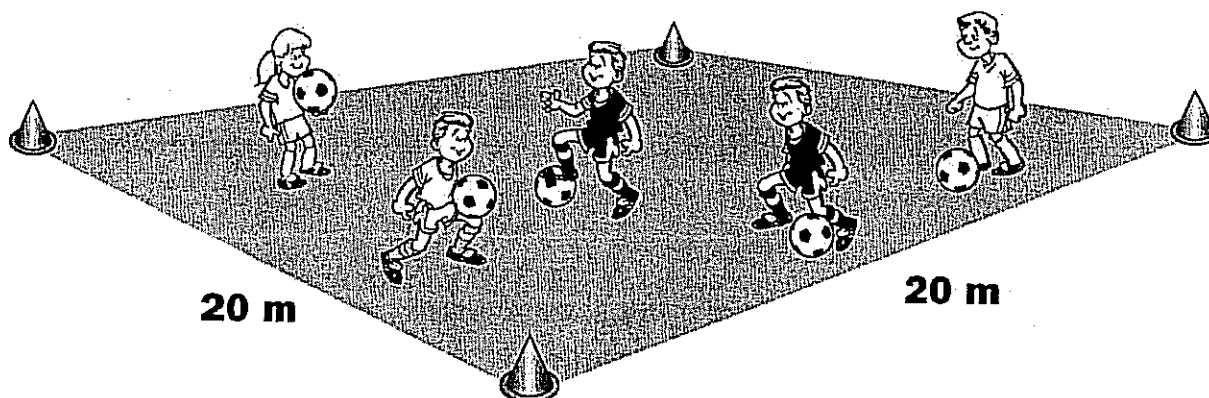
- 1) Keep the ball moving.
- 2) Guide the ball with the inside/outside of foot.
- 3) Use instep to juggle ball with feet.
- 4) Use forehead to juggle with head.

## Control/Dribbling

(15 minutes)

All players, each with a ball, are within 20m x 20m grid. On signal, the players:

- 1) Control the ball with different parts of foot (inside, outside, sole).
- 2) Juggle ball with feet
- 3) Juggle ball with head

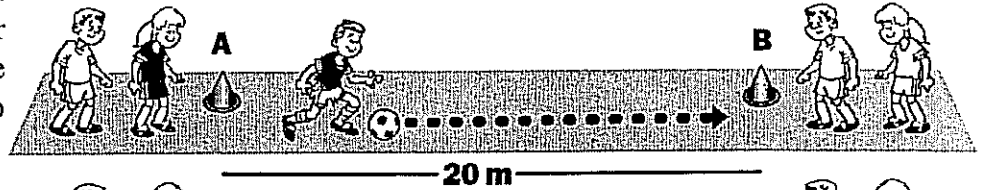


## Games Activity: Relay Races

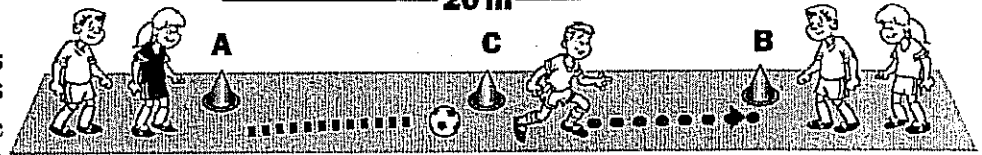
(10 minutes)

- Players in teams of five with one ball. Three players with ball at cone (A); two players at cone (B) 20 m away.

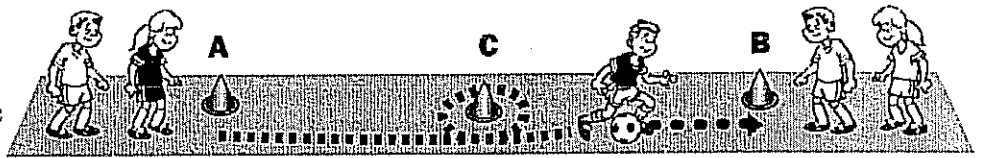
- 1) On whistle, player with ball at cone (A) dribbles ball to player at cone (B), then player at cone (B) dribbles back to (A) and so on.



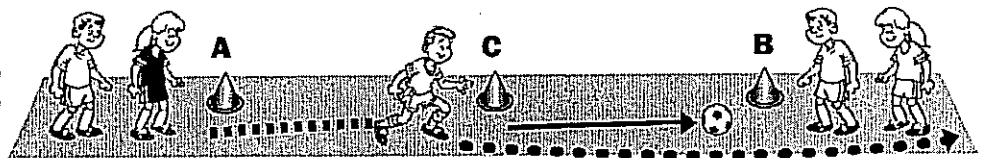
- 2) Player with the ball dribbles to cone (C), leaves ball, sprints and touches teammate at cone (B) who runs and collects ball and dribbles to next player.



- 3) Player dribbles around cone (C), then dribbles to teammate.



- 4) Player dribbles to cone (C), then shoots ball to teammate, who repeats.



- Team which is first to complete exercise and sit, wins.

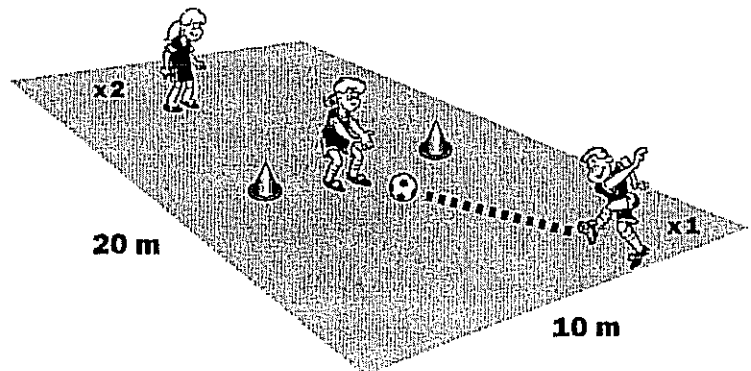
## Shooting

(10 minutes)

- Three player sin 20m x 10m grid with a central goal. (X1) shoots the ball at central goal with goalkeeper; then (X2) shoots from the other side. Each player has five shots and then rotate positions.
- Players must use instep (laced area) when shooting.

### Coaching Points:

- 1) Watch the ball.
- 2) Place non-kicking foot next to ball.
- 3) Stretch toe down and tighten ankle.
- 4) Kick through the middle of the ball using the laces.



## Mini-Soccer Game

(20 minutes)

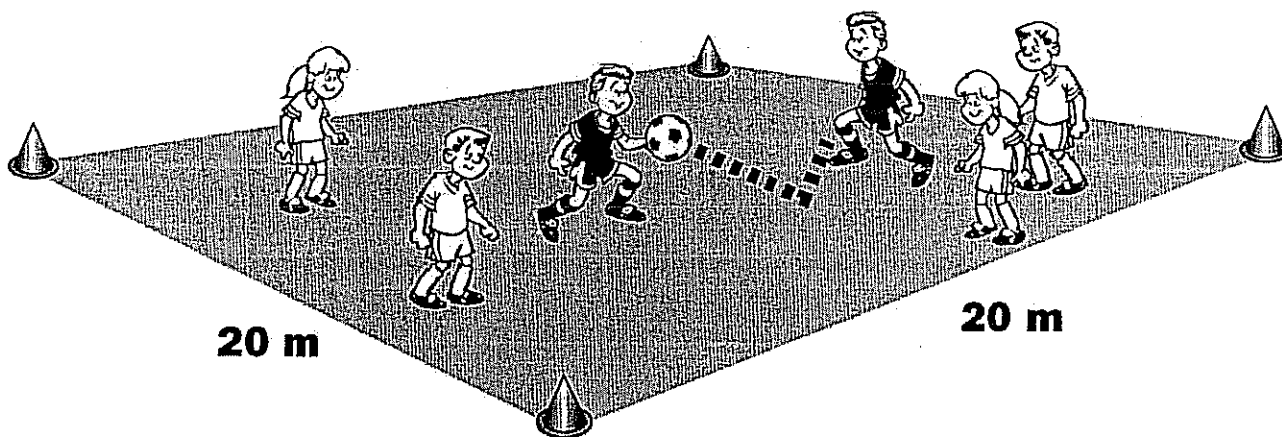
# Goalkeeping

(This practice is for all players.)

## Preliminary Activity

(5 minutes)

- Players in 20m x 20m, grid. Only one player with ball. Player with ball tries to tag another player by hitting him/her (gently) below knee. The ball must bounce first. Player who is tagged tries to tag others.



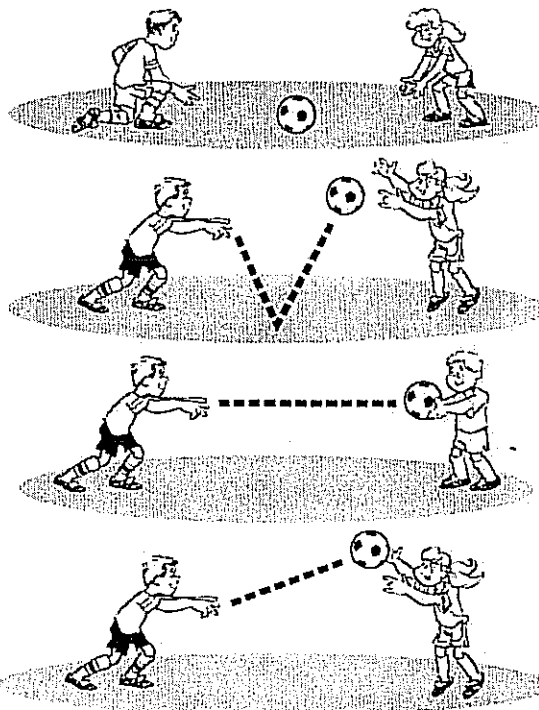
## Ball-Handling

(5 minutes)

Players in-line 10 metres apart:

- 1) Player rolls ball to opposite player
- 2) Player bounces ball to opposite player
- 3) Player throws ball at waist-height
- 4) Player throws ball above head-height
- 5) Player throws ball to left/right

← 10 m →



### Coaching Points:

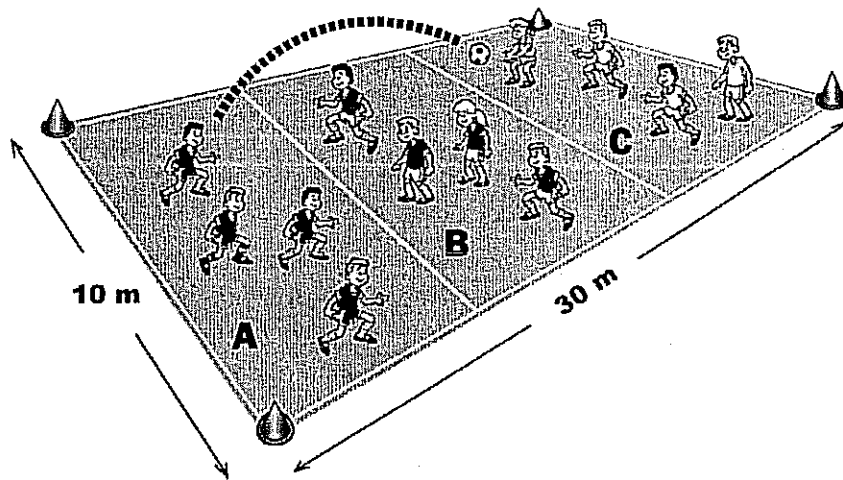
- 1) Hands slightly behind ball with fingers spread when catching.
- 2) Watch the ball.
- 3) Scoop ball into chest for safety.

## Games Activity: Relay Races (10 minutes)

- Organization as above and using similar techniques. first team to finish and be seated is the winner.

## Throwing/Catching (10 minutes)

- Practice is in 30 m x 10m grid with teams of four in squares (A) (B) and (C), each 10m x 10m.
- To score, the team in square (A) throws ball to team in square (C) without team in square (B) stopping ball or team in (C) dropping ball. Should a team drop the ball or its throw be intercepted, it replaces the team in the centre. One point is scored for each successful throw or catch.

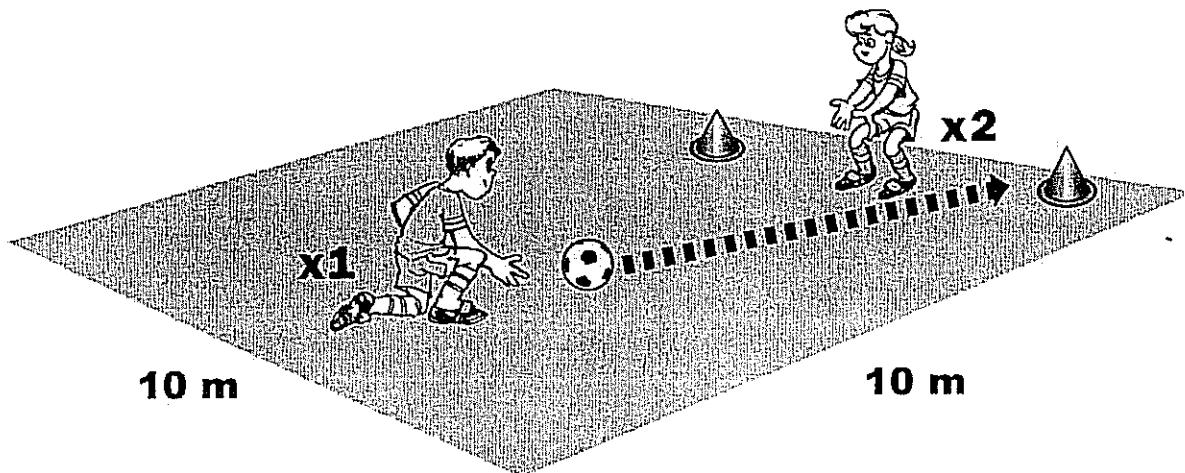


## Goalkeeping/Handling (10 minutes)

- Players in 10m x 10m square with one ball between two:
  - (X1) rolls ball to (X2) who scoops it up
  - Ball is rolled to side
  - Ball is thrown at different heights in an attempt to score a goal.

**Coaching Points:**

- 1) Use overarm bowling technique for throwing ball.
- 2) Watch the ball and get behind it as it approaches.
- 3) Hands slightly behind ball with fingers spread when catching.
- 4) Scoop ball into chest for safety.



## Mini-Soccer Game (20 minutes)

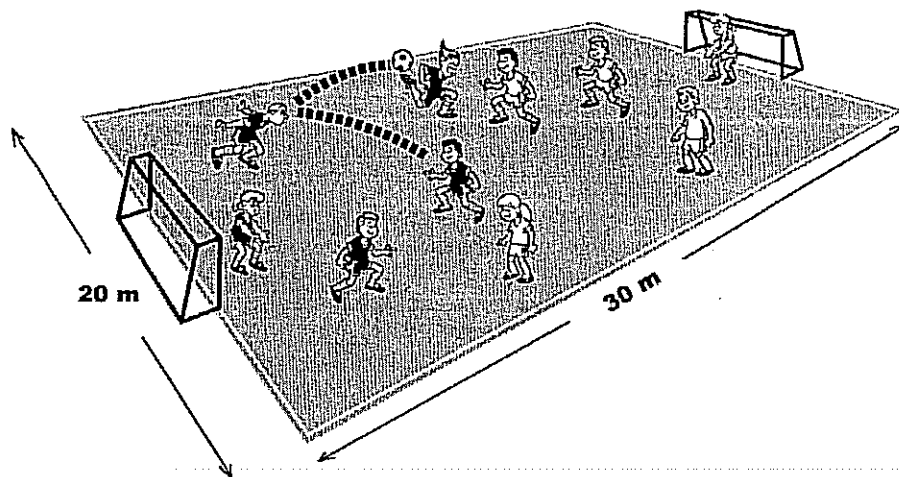
# Combined Techniques

## Preliminary Activity

(10 minutes)

### Throw/Head/Catch

- Two teams of five in a 30m x 20m grid with mini-goals. The team in possession links-up by players throwing to team-mates who return pass with head. Throw/head/catch... Throw/head/catch... Throw/head/catch. Opponents are not allowed to tackle, or to stop ball with hands. Possession is lost if the ball hits the ground or player fails to head. Opponents are allowed to intercept passes with head but their header must be caught. Goals are scored by heading into the goal.



### Coaching Points:

Coaching points for each technique as described in previous practices

## Technique Activity: Circle Drill

(10 minutes)

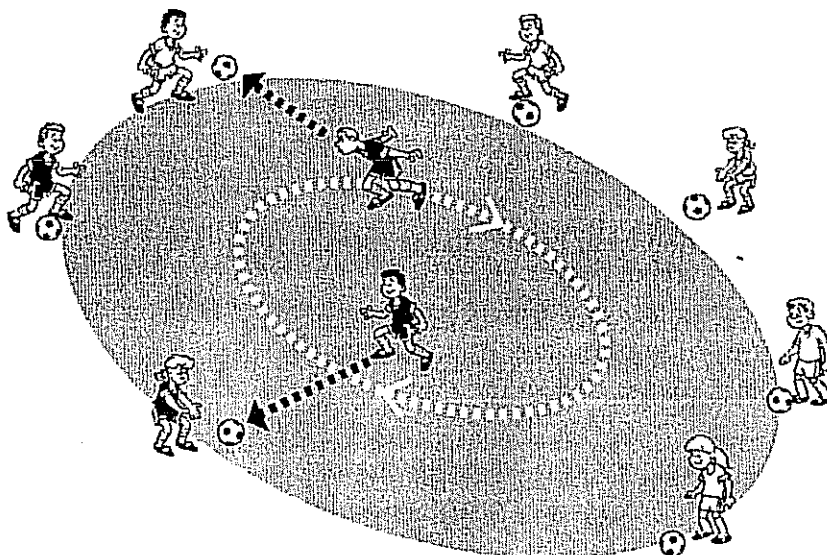
Each player on circle has a ball.

Two players within the circle are without a ball.

The players without a ball move within the circle in two ways:

- 1) Returning pass from players on outside of circle.
- 2) Returning headed-pass to outside player.

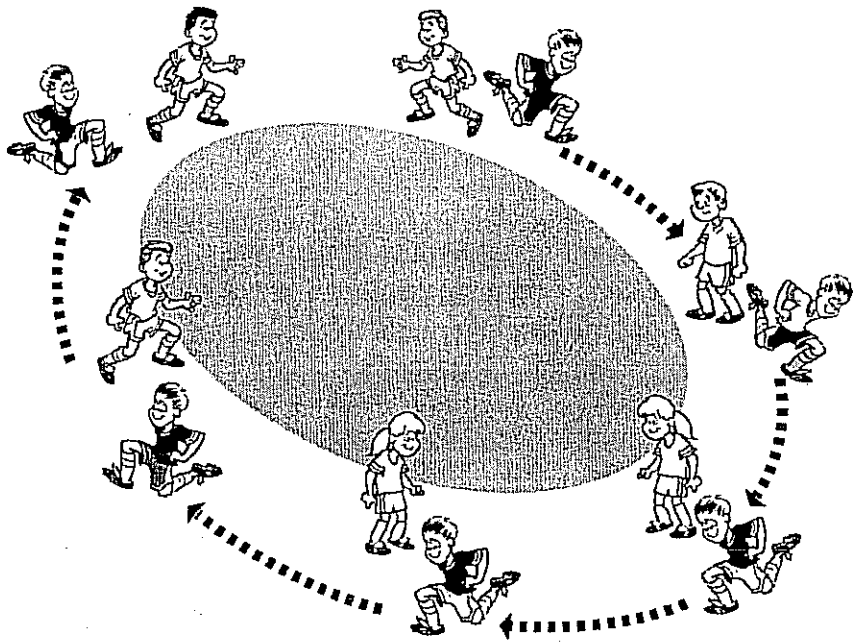
Once players have been around twice, they change positions.



## Games Activity: Competition/Races

(10 minutes)

- Players in twos around circle of 12 m diameter. On command, a player will complete an exercise and then run around the circle and back to his/her place./ The first player back to his/her place is the winner..
- Similar to above, but Player One leap-frogs over Player Two.
- Player leap-frogs both ways.
- Player goes through legs of another player.
- Player goes through legs both ways.
- Player leap-frogs and then goes through legs.



### Coaching Points:

Coaching points for each technique as described in previous practices.

## Technique Activity:

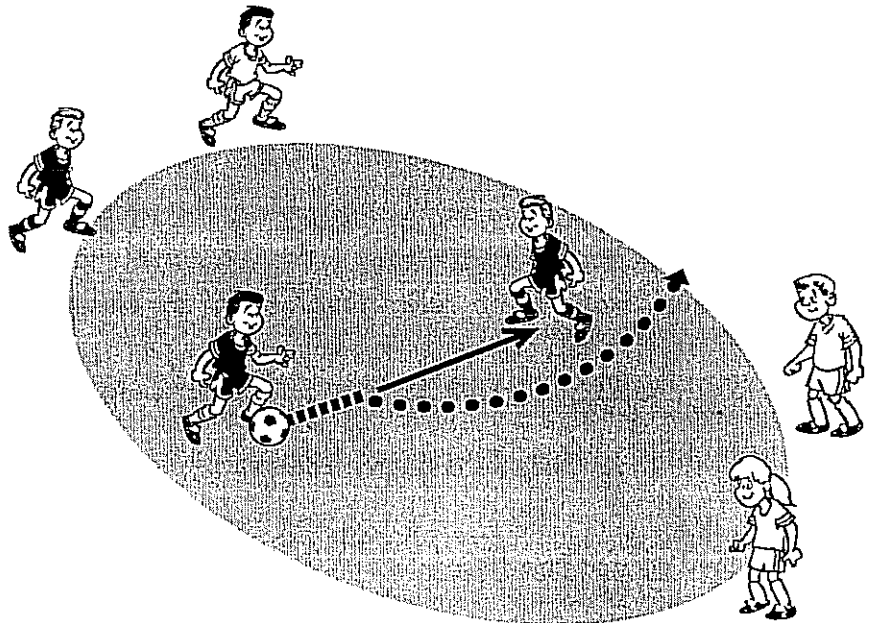
(10 minutes)

### Circle drill:

- Players form circle of approximately 12 m diameter. One player has a ball.
- Player with ball dribbles to centre, leaves ball, and tags another player who collects ball and dribbles to someone else who is tagged and continues exercise.

### Alternative:

- Player dribbles to centre, then passes ball to another player.
- The receiver controls ball, dribbles to centre of circle, and then passes to another player, and so on.



## Mini-Soccer Game

(20 minutes)