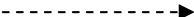





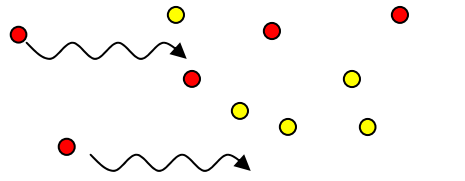
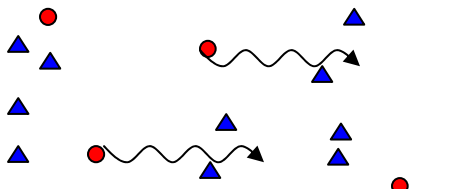
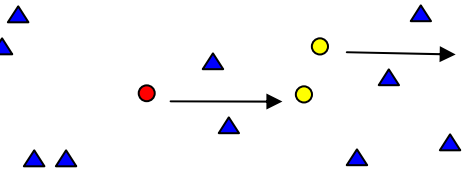
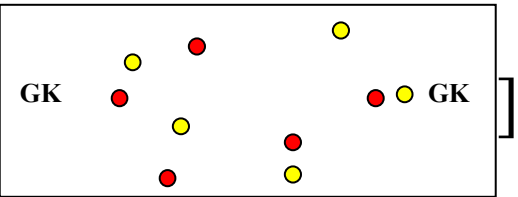


**Key:**

- Running without the ball 
- Running with the ball 
- Pass 
- Players 

**TOPIC:** Ball Control (U9/U10)

**DATE:**

<u>Technical Warm-up</u>	<u>Organization</u>	<u>Coaching Points</u>
	<ul style="list-style-type: none"> <li>• All players with a ball each moving in area</li> <li>• Various challenges from coach               <ul style="list-style-type: none"> <li>Stop – Stop Ball quickly</li> <li>Switch – Stop ball and find another</li> <li>Juggle with a bounce</li> <li>Foot/Thigh/Bounce sequence juggle</li> <li>Foot/Thigh/Head/Bounce sequence juggle</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Head up, look for space</li> <li>• Using different surfaces of the each foot</li> <li>• Moving at speed/ball under close control</li> <li>• Juggling – light on toes, eye on the ball, Anticipate bounce/adjust body shape</li> </ul>
<p style="text-align: center;"><u>Activity One</u></p> 	<ul style="list-style-type: none"> <li>• Players with a ball each</li> <li>• Gates of different sizes marked around the area</li> <li>• Players have to dribble through gates:               <ul style="list-style-type: none"> <li>i, Time restriction – how many in a minute</li> <li>ii, beat your score</li> <li>iii, Different gate color rotations</li> <li>iv, add ‘gate keepers’</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ball under control and close</li> <li>• Using different surfaces of the feet</li> <li>• Head up</li> <li>• Change of pace/change of direction</li> </ul>
<p style="text-align: center;"><u>Activity Two</u></p> 	<ul style="list-style-type: none"> <li>• As above but 2 players per ball</li> <li>• Players move around the area and pass through the gates</li> <li>• Players have to dribble through gates:               <ul style="list-style-type: none"> <li>i, Time restriction – how many in a minute</li> <li>ii, beat your score</li> <li>iii, Different gate color rotations</li> <li>iv, add ‘gate keepers’</li> </ul> </li> <li>• Progress to different serves through the gates</li> </ul>	<ul style="list-style-type: none"> <li>• Ball under control and close</li> <li>• Using different surfaces of the feet</li> <li>• Head up</li> <li>• Change of pace/change of direction</li> <li>• Quality of receiving touch</li> <li>• Open body to receive</li> </ul>
<p style="text-align: center;"><u>Game</u></p> 	<ul style="list-style-type: none"> <li>• 5v5</li> <li>• Non Stop play</li> <li>• Coach has a supply of balls. When Ball goes out a new ball is played in to the other team to attack quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage dribbling</li> <li>• Changes of speed and direction to beat opponents</li> </ul>