

BALL CONTROL

Everyone should be juggling before practice and not shooting into the goal.

X has a ball at his feet

O has a ball in his hands.

X v O

Shield the ball at the feet so it does not get hit by the ball in the hands

Main points for ball control

1. Get your body behind the ball
2. Assess the flight of the ball.
3. Select the controlling surface.
4. Relax on contact.
5. Control to where you want to go.

1 U9 to U19

Point 1

X1 passes to X2 through gate A

X2 controls the ball with one foot and passes the ball with the other foot through gate B

X1

O
A
o
B
o

X2

Players are to use either foot.

The A gate left foot and the B gate right foot for X1
The B gate left foot and the A gate right foot for X2

2 U9 to U12

Point 1,2,3 and 4

Use the chest, knee and feet to control the ball

U9 to U 12 throw the ball to each other

X1

X2

U13 to U19 use the lofted pass

3 U9 to U14

Point 4 and 5

X1 passes to X2

o2

o1

X2 has to control the ball at disc 1
or disc 2 before X1 gets there

X1

X2

o1

o2

Then X2 passes to X1

4 U9 to U11

All coaching points

X1 throws the ball to X2

X1

X2

X2 has to knock the ball of the disc B with one touch

oA

Bo

The ball is not allowed to bounce

Y1

Y2

Y2 then throws to Y1 who has to knock the ball of disc A

5 U13 to U19

All coaching points

Same as above but you use a lofted pass to get the ball to your partner

X1

X2

o

o

X team against the Y team.

Y1

Y2

6 U11 to U19

Box is 30 x 10

Points 3,4 and 5

Controlling the ball facing an opponent

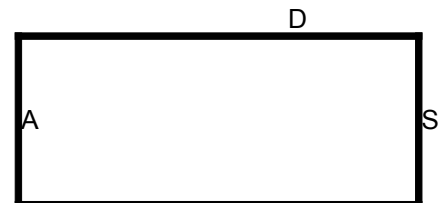
S Plays the ball to A

A has to pass the ball back to S

D has to try and win the ball.

D goes when A gets their first touch.

A has to control the ball away from D.



7 U11 to U19

Box is 30 x 10

Points 4 and 5

Controlling the ball with your back to an opponent

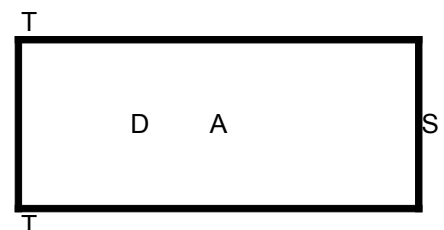
S plays the ball to A

A has to get the ball to line T.

D has to try and stop A

A can spin, turn or pass back to S.

I challenge you as coach. Stop players turning into pressure.



8 U9 to U11 Box is 40 x 40

Throw, control and catch.

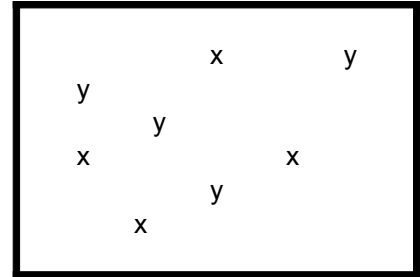
One team keeps possession by throwing the ball round.

When they receive the ball they must control it then catch it.

U11 to U14

Throw, control and pass.

The same as above but you throw the ball, control it, then pass it.



9 U 11 to U19 Box is 40 x 40

Window Games Four soccer balls

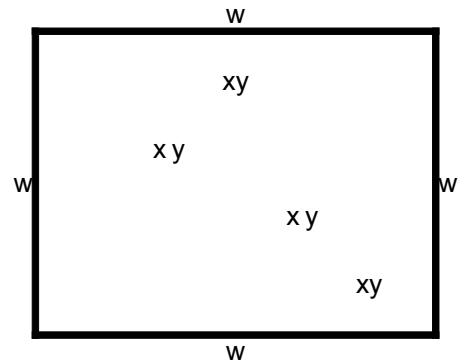
The W players have a ball each.

The X player receives the ball from W.

The Y player shadows the X player.

The X player has to control the ball then play back to W

Keep rotating the players



10 U11 to U19 Box is 40 x 40

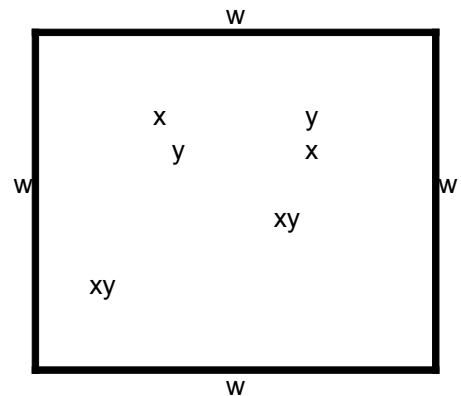
The W players are the servers.

The X player receives the ball from W.

The Y player has to try and steal the ball from X.

The X player has to play back to W

Keep rotating the players



11 U11 to U19

Box is 40 x 40

The W players are the servers.

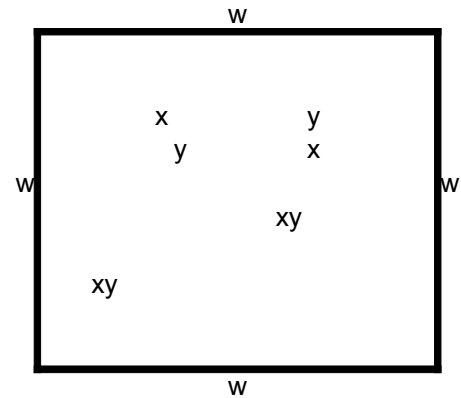
The X players receive the ball from W.

The X player has to pass the ball back to another W.

Y can shadow or try to steal the ball from X.

Keep rotating the players.

Start with the service on the ground then use a soccer throw



12 U 13 to U19

Box is 40 x 40

Window Games

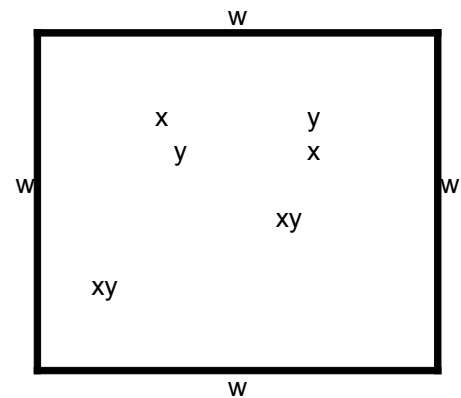
One soccer ball

The X or Y team have to keep possession of the ball

They get a point if they control a pass from W

You can close the W where the pass has come from so they have to play to another W

Start with the service on the ground then move to using a soccer throw.



13 U13 to U19

Box is 40 x 40

The X or Y team has to keep possession of the ball

When they receive from W they have to make one pass before they can go back to W

You can increase the number of passes by the team in possession .

You can then close the W where they have received the ball from so they have to go to another W.

Start with a service on the ground then use a soccer throw.

