

ACTIVITY PLAN

Week 2

Ball Control & Turning.

Warm up

Objective:

To improve general coordination.

Organization:

20 yard x 20 yard area. 1 ball per player

Procedure:

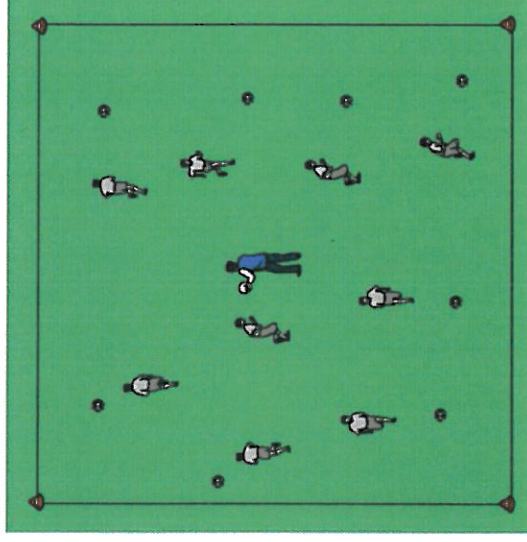
Every player gives their ball to the coach and the coach tosses the ball out for each player to collect and run it back to the coach.

- Players pick up ball and run it back to the coach.
- Pick up the ball and hop back to the coach
- Skip back to the coach
- Dribble back to the coach

The coach walks around the grid while the players chase their balls,

Key Coaching Points:

- Change of direction
- Think ahead
- Turning & Change of speed
- Ball Control
- Fun



Week 2

Ball Control & Turning.

Individual Activity

Objective:

To improve Individual Ball Control Skills.

Organization:

20 yard x 20 yard area. 1 ball per player.

Procedure:

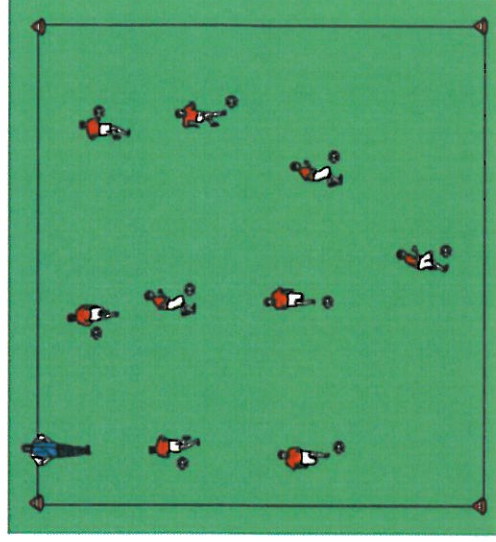
All players are inside the grid when the coach shouts Green the players all dribble around the grid. If the coach shouts Red the players perform a turn and stop the ball with the bottom of their foot.

Key Coaching Points:

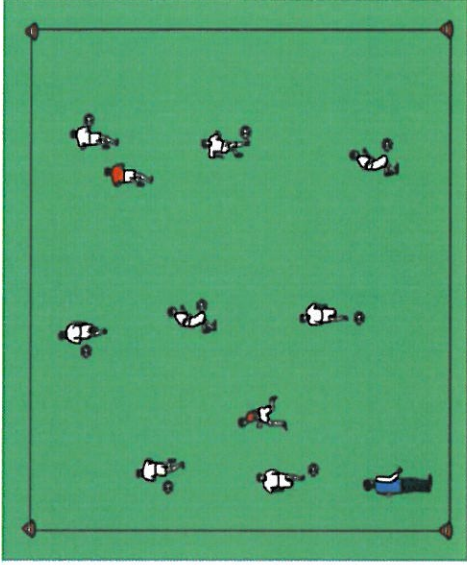
- Dribble with head up
- Turning and changing of direction and speed.
- Use all surfaces of the foot – Keep the ball at a controllable distance.

Progression:

The coach holds a colored bib and the players react to visual commands instead of verbal



ACTIVITY PLAN

<p>Week 2 Ball Control & Turning. Small Group Activity Objective: To improve Individual Dribbling Skills Under Pressure.</p>	<p>Organization: 20 yard x 20 yard area. 2 players are nominated to be "IT" and try to kick the other players balls out of the grid.</p>	<p>Procedure: The coach picks 2 players who have to try to kick all the other players balls out of the grid. The winner is the last player who still has control of their ball inside the grid. Players must turn away from pressure and keep control of their ball. If your ball gets kicked out you must collect and practice juggling outside the grid until a new game starts.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and turn away from pressure - Change of direction & speed. - Think ahead and find space - Agility - Fun 	
<p>Week 2 4 v 4 Small Sided Game Objective: To improve Individual & Small Group Game Understanding.</p>	<p>Organization: 30 x 35 yard area Play a 4 v 4 match 6ft x 6ft Goals Size 3 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	