



# Coach the Player with the ball

**Category:** Technical: Ball Control

**Difficulty:** Moderate

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## Screen 1 (10 mins)

Warm-up:

Size of grid will vary based on age of players and skill level

Players dribbling the ball without pressure

CPs"

Speed of thought

Speed of play

change of direction, head up

Head up while dribbling

skill moves at game pace

Turning with a change of pace

change of direction followed by change of pace

Composure on the ball



## Screen 2 (15 mins)

Players now have many decisions to make, Defenders, Goalkeeper and mannequin's are added, this adds pressure but allows the Player with the ball to find space and maintain ball control.

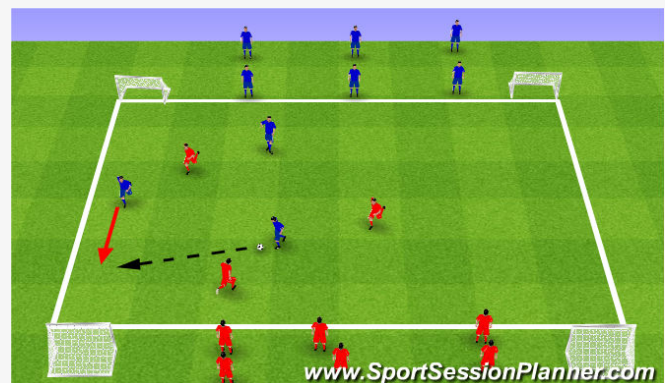
CPs:

- 1) When to hold onto the ball
- 2) Passing to a team mate
- 3) Skill move to create space, change of direction with pace
- 4) Self - pass
- 5) Shielding to protect the ball
- 6) Space awareness
- 7) Keepers diving for the ball



## Screen 3 (25 mins)

3v3 to two goals, this allows the player on the ball the option to dribble, pass or change direction to attack open space, opposing player or go to goal.



## Screen 4 (25 mins)

8v8 game:

Field player receives the pass from the keeper, the Receiving player has the option to run onto goal, or look to pass to either team mate running into the space.

CPs"

Game awareness - Ability to read game

Ability to control the ball

Flow of session

Players commitment level

Self confidence

Quality of pass - safety over risk

