



Ball Mastery - 1v1 Moves

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

Am-Club: Omaha FC
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Description

BU8 ABCs/Ball Mastery/Moves/1v1

Homeowrk Review (5 mins)

Organization:

- 15-16 players
- 9 5x5 grids
- 20 cones

Organization:

Keep ups, moves and turns

- Sole/Heal/ Toe
- inside/outside rolls.
- toe taps outside roll
- inside outside rollover
- Inside/outside cuts
- side steps

Players working on keep ups

Key Points:

- Good agility, balance, coordination - on balls of feet
- Good touch/feel of the ball



Ball Mastery (15 mins)

Organization:

- 15-16 players
- area: whole gym with 4 5v5 grids in corners
- 16 cones

Players will work through a variety of ball mastery techniques in each grid, also running with the ball and dribbling in between.

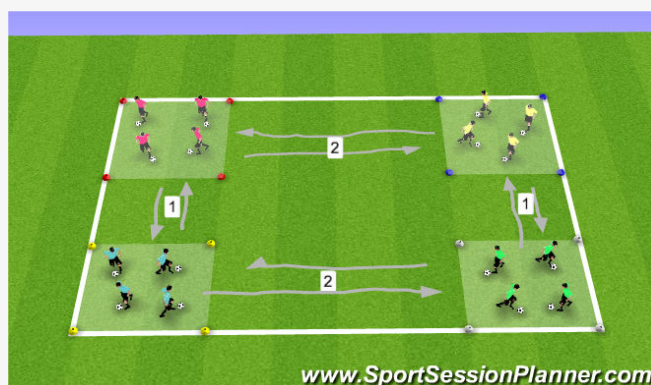
Variations/Progressions:

Ball Mastery - toe touches, ball-boxing, sole rolls, insides/outside

- on coaches command "Go" players dribble to the next box. first #1
- Have teams going in opposite directions #2
- number the players 1-4 depending on numbers coach calls out a number and players dribble into the next grid first working on short dribbling #1,
- then next change it to longer dribbling #2

Key Points:

- Good agility, balance, coordination and speed with movements
- Close control, lots of touches, use all parts of foot, spatial awareness



1v1 Moves (15 mins)

Organization:

- 15-16 players
- area: whole gym with 4 5v5 grids in corners
- 16 cones, 10 pylons

Players will work through a variety of fake/feint 1v1 moves outside of the grids, whilst returning to a different grid each time to perform a change of direction 1v1 move.

Variations/Progressions:

- Fakes and Feints 1v1 Moves - inside/outside cuts, u-turns
- Coerver 1v1 Moves - side step/double side-step, scissors/double scissors

Key Points:

- Good agility, balance, coordination and speed with movements
- Close control, lots of touches, use all parts of foot, spatial awareness
- Timing to perform moves, dribble straight at "defender", acceleration away after move



1v1 Game (15 mins)

Organization:

-15-16 players

-Area: 20x15 with 5 yard end zones

Play is started with a pass to opposite player to create a 1v1 situation. Players have to beat opposition and dribble into the end zone under control.

Variations/Progressions:

-create 2v2 situations

Key Points:

-Good agility, balance, coordination and speed with movements

-Close control, lots of touches, use all parts of foot, spatial awareness

-Timing to perform moves, dribble straight at defender, quick changes of speed and direction, acceleration away after move

