Technical training day,

Category: Technical: Ball Control
Difficulty: Moderate

Am-Club: Omaha FC
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Screen 1 (10 mins)

Set up, 25x25 yard grid
Game:
a) Servers and working players, on set time of 45 to 60 seconds, players play as many passes back to their color server, pass and move - rotate
b) On set amount of time players pass back to either color servers - receive, dribble-pass, rotate
1) Volleys back to servers hands
2) Headers (13s and older)
3) Chest - volley back to servers hands
4) Receive turn and play to next server without a ball, (player cannot play to a server and then receive from the same server)
CPs:
* Comfort receiving the ball
* posture and balance
* Communication
* Speed of play, change of pace
* Confidence

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Screen 2 (15 mins)

1)
A) Dribble up and back
B) Dribble to cone pass to next player
C) Dribble to cone turn - skill move pass to next player
2)
a) Add cone to center, dribble around cone, back to center cone, dribble around cone and then back to start
Look for total ball control, head up running at pace, balance and change of pace.
CPs:
1) Ball control
2) Speed dribbling
3) Tight ball control when turning
4) Field vision
5) Desire to win

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Screen 3 (30 mins)

1v1s, moving into 2v1s, 2v2s, to goal line, build slowly allowing players to master the ball
Grid sizes u13s and older
1v1 10x20
2v1 12x20
2v2 12 x 20
CPs:
1) Individual 1v1 skills
2) Understanding the role
3) support and cover
4) Space awareness
5) Transition
6) Fitness
7) Fun

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Screen 4 (35 mins)

Set up: Field size 30 x 40 (u13s and above)
Game 5v5s

No keepers
Add as needed

5v5s

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