



Technical Training

Category: Technical: Ball Control
Difficulty: Moderate

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Description

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Warmup

Technical Warmup

Rotate between activities to prepare for session.

Organization:

- See Diagram
- Black line = Pass. Red line = Movement.

How to Play:

- Activity A, Partners Passing & Receiving.
- Activity B. Passing Diamond. Long & Short Passes.

Progressions:

- Activity A. Receiving out of air, volleys, receiving with different parts of body.
- Activity B. Check away from cone (defender)
- Add player in middle to combine | Add goal for shots.

Coaching Notes:

- Focus on technique | Build up to speed.
- In Activity B, keep first touch tight.



1v1 / 2v2

Small-Sided Games

1v1 & 2v2 Activities

Organization:

- See Diagram
- Start with 1v1. Progress to 2v2.

How to Play:

- Coach serves balls. 1 or 2 players from each team plays.

Coaching Notes:

- Offensive team, attack right away.
- Defenders need to be at an angle, not flat.
- Move as the ball moves.



Final Game

4v4 or 5v5

The final game with game-like progressions.

Organization:

- See Diagram.
- 4v4 with goals. Cone area in middle of field.

How to Play:

- Objective is to "find" player in the cone area as much as possible. That player checks in to that area, distributes the ball and gets out to find new space. Restrict the time allowed in cone area.

Progression:

- Add GK in the cone area. Players pass to GK, who then distributes with feet, roll or throw.
- 2 touch game. If quick pass is not there, 5 touch minimum to create space.

Coaching Notes:

- Encourage movement in and out of the cone area. If pass is not on, keep moving.

