



Technical Training Activities

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Technical Warmup

Dribbling & Passing Square

Technical Warmup that involves dribbling, passing & receiving

Organization:

- Set up a 10x10 square with 2 different colored cones (same color diagonally)
- 2 soccer balls
- 2-3 players at each cone

How to Play:

- Soccer balls start diagonally from each other
- Orange cones, dribble
- Red cones, pass

Coaching Points:

- Dribble with control and pace
- Use proper passing techniques
- Pass to the correct foot



Coerver Skills

Coerver Drill

Basic Ball Mastery Skills. #1 soccer skills teaching method.

Organization:

- Set up single cones randomly on your field
- Every player with a ball

How to Play:

- Players stay in a tight area around their cone
- Coach designates certain Coerver Skills: toe taps, tick tocks, L's, V's, dribbling combinations. Progress to performing certain skills at speed when comfortable

Coaching Points:

- Stay balanced
- Keep ball very close to feet



Rapid Fire SSG

Rapid Fire: 1v1, 2v1, 2v2

Fun fast-paced games that encourage small-group play

Great game that forces quick decision making

Organization:

- Separate group into 2 teams, start on opposite ends of field
- All balls to the coach
- Set up 2 goals

How to Play:

- Start by playing 1v1, then progress to more numbers
- Round ends once a goal is scored or ball goes out of bounds, then next group plays

Coaching Points:

- Attacking player, move forward (penetrate) quickly. If 2 or more players, other players provide support (help).
- Defending player, close down immediately. If 2 or more players, focus on defending principles: Pressure, Support, Balance, Compact

