



# CYA Week 5 Session #1 Ball Control U16-U19

Category: Technical: Ball Control  
Difficulty: Moderate

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## Description

### Skill Intro - 1st Touch (15 mins)

Setup - groups of 3 as per above, 1 ball per outside player. Spare balls at side

Instructions -

Play starts with player A

Player A passes through the cones to Player B

Player B takes 1st touch sideways to the outside of cone and returns the pass.

Player B turns and sets up to receive

Repeat action with Player C.

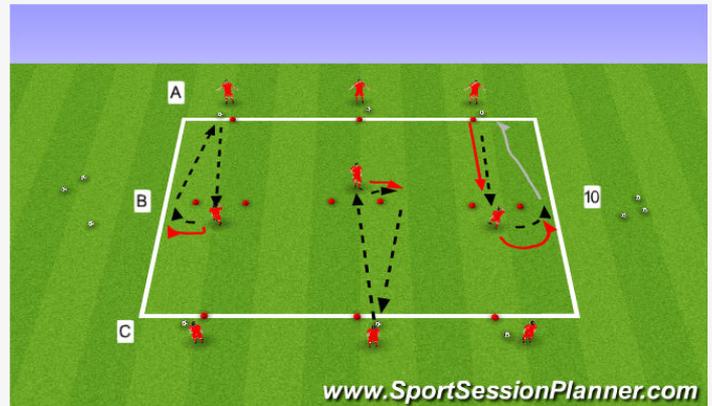
Start with all players 1st touch to the Right, then to the Left

Rotate players after 5 successful passes from each end.

Progression

Outside player follows pass into Player B (defends passively)

Player B dribbles ball back to outside



### Skill game - 9's & 10's (15 mins)

Setup - 10m x 10m grid, 4v1 1 ball per grid. Adjust size to suit

Instructions -

4 attackers on outside of the grid. Must stay outside grid.

Attackers can move along the outside of the grid.

1 defender on inside of the grid. Must stay inside grid

If attacking team make 5 pass completions = 1 goal

If defender intercepts or blocks pass = 2 goals

Continue for 2-3mins then swap defender.

Progression -

Max. 2 touch for attacking team or make grid smaller

Regression -

make grid bigger

Coaching Points -

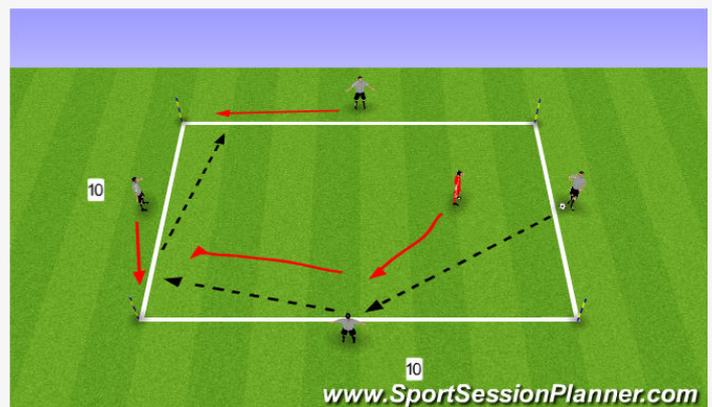
Can you pass the ball to the furthest foot from the defender?

Can you take your 1st touch away from the defender?

Can you use a feint to trick the defender and create more space for 1st touch?

Can you move the ball quickly?

Can you move to provide a better option?



## Skill game - 11's (15 mins)

Setup - 20m x 20m square split into 4 grids, 5m x 5m small square in centre as shown

3v4+1 bouncer.

4 defenders (Red) - 1 per grid

3 defenders (Blue) - 1 per grid with spare grid

Bouncer in centre square

Instructions -

Defenders to remain in their own grid.

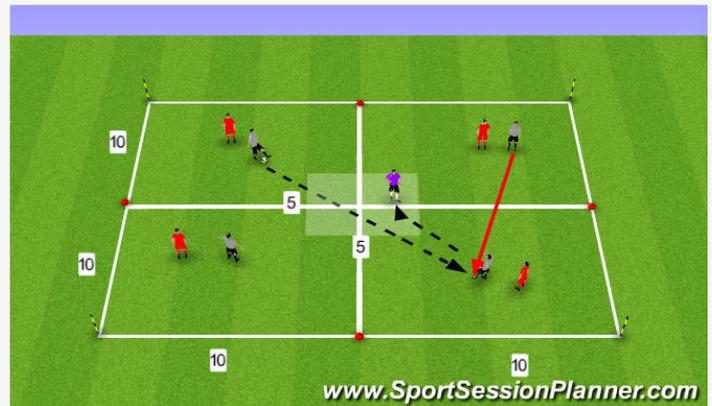
Attackers are able to move but only into the empty grid. Cannot move into a grid that is occupied by a team mate.

Attacker with the ball must keep possession in their grid utilising the bouncer to create 2v1, until passing opportunity presents.

Bouncer must stay in centre square.

The pass can only be made to a teammate moving into an empty grid.

Continue for 3mins then rotate positions.



Regression - bouncer can move into grid to create 2v1

Progression - bouncer can only be used to create wall pass to allow passing option.

Coaching Points -

Can we make good movements to provide options?

Can we use our body to shield the ball from the defender?

Can we use foot furthest from defender?

Can we get a good 1st touch?

Can we use positive communication?

Can we get our heads up scan?

## Skill game - 9's & 10's Option (15 mins)

Setup - 15m x 15m grid, 5v2 1 ball per grid. Adjust size to suit

Instructions -

4 attackers on outside of the grid. Must stay outside grid.

1 attacker on inside of the grid.

Attackers can move along the outside of the grid.

2 defenders on inside of the grid. Must stay inside grid

If attacking team make 5 pass completions using the link man in the grid = 2 goals

If defender intercepts or blocks pass = 1 goal

Continue for 2-3mins then swap defenders.

Progression -

Max. 2 touch for attacking team or make grid smaller

Regression -

make grid bigger

Coaching Points -

Can you pass the ball to team mates furthest foot from the defender?

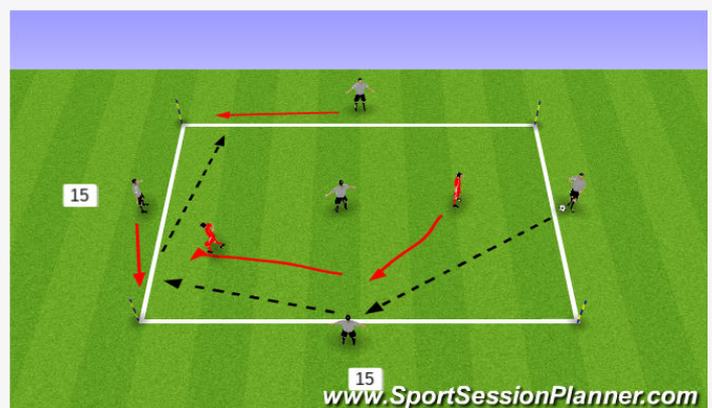
Can you take your 1st touch away from the defender?

Can you use a feint to trick the defender and create more space for 1st touch?

Can you move the ball quickly?

Can you move to provide a better option?

Can you let the ball come across your body to allow 1 touch?



## Main Part (20 mins)

Setup - grid 20m x 30m, 2 teams of 4+1. Adjust grid size & numbers to suit.

If not enough numbers for bouncer at each end replace with small goals and coach serves in and nominates direction of attack.

Instructions -

Start at Player A,

Blue team starts with ball

Can we move the ball from Player A to Player B at other end.

Once ball reaches Player B can we return ball back to Player A.

If defending team win ball they play back to end bouncer and roles reverse.

Progressions -

Must make a minimum of 5 passes before playing to end bouncer

If ball can be moved from A to B & back to A in less than 5 passes = 3 points

Introduce a time limit to play from A to B - encourage quick movement of ball and players

Coaching Points -

Can I scan before I receive the pass?

Do I know where my team mates and the defenders are?

Can I take my first touch away from the defender?

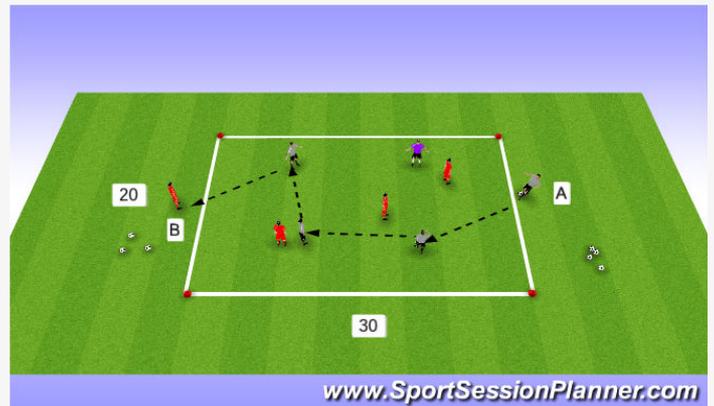
Can I use my body to shield the ball?

Can I use the inside and outside of my foot to take my 1st touch?

Can I move the ball quickly with my 2nd touch?

Can I move to be an option for my team mate?

Am I communicating what I see?



## End game (20 mins)

Setup - Normal field setup. 2 teams with GK's. Spare balls at goals.

Instructions -

Directional game

Normal rules apply

throw ins & free kicks as normal rules

all gk's & corner kicks to restart with GK,

Coaching Points

How well did the players understand the Skill focus?

Have the players attempted to use the skill correctly?

Are they achieving success in using the skill?

Are there any changes or modifications required to improve session?

