



# CYA Week 5 Session #1 (9-11) Ball Control

**Category:** Technical: Coerver/Individual Skills  
**Difficulty:** Moderate

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## Description

Focusing on dribbling with the ball into space. Focusing on using changes of speed and direction to escape pressure and moves to unbalance defenders and create opportunities to score.

### Introduction (15 mins)

#### Organization:

30x30 grid Player all have a ball, gates placed around grid for progression

#### Instructions:

Players look to move around square using both feet different parts, focus on scissor or double scissor moves.

#### Coaching Points/Questions:

How do we find space?

If we see space how can we exploit it?

Why do we look to change speed as well as direction?

#### Regressions/Progressions:

1 min rounds how many times can you touch ball- give coaches score give them realistic challenge

gate game how many gates can you visit in 2 minutes

1 point for each gate 2 if move performed before moving into gate



### Main activity (20 mins)

#### Organization:

20x25y grid 2v2 game

#### Instructions:

2v2 in game scenarios, reds look to score on net if blues win the ball they look to score.

#### Coaching Points/Questions:

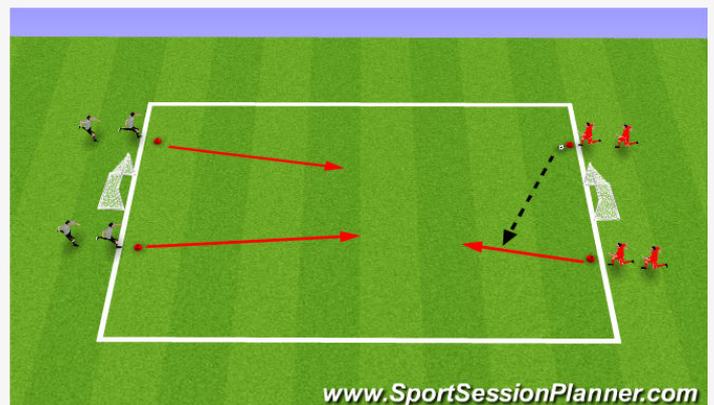
1st touch ball control, decision making, movement off the ball, changing direction, attacking space

How can you find space in such games?

Why is it important to use different parts of the feet and speed?

#### Regressions/Progressions:

time limit to score



## Conditioned game (25 mins)

### Organization:

20x20 grids 2 fields separated with channel in between field for coach and avoid confusion, 2v2+1 neutral (green)

### Instructions:

players look to play in safe zone before looking to dribble into middle zone where they cannot pass forward to other team members, players can receive the ball in middle zone but cannot play a forward pass from there until reaching the next zone. Can play backwards to supporting player before creating another angle to receive. If blues win the ball same rules apply

### Coaching Points/Questions:

1st touch ball control, positive body shape, unbalance defenders, movement to receive, Quality of pass, decision making, confidence.

Why is it important to have a positive body shape when looking to receive?

How can we get to defenders goal without playing back towards our teammates?

How can your teammate support you when they don't have the ball?

### Regressions/Progressions:

P: Time limit in middle zone

P: Worth 2 goals if moves are performed in middle zone

P: Neutral player can also dribble in middle zone

R: can pass in middle zone



## SSG (30 mins)

### Organization:

30x30 grid bigger if 5v5 or smaller if 3v3 depending on numbers

### Instructions:

Players look to play normal game, build out lines in place for realism, no throw ins pass or dribble in

### Coaching Points/Questions:

coach in the flow with individuals not halting the game

### Regressions/Progressions:

