



[CYA] Week 1-Session #1: Ball Mastery

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

RYAN QUINN, FAIRFAX STATION, United States of America
Individual-Young Member

Description

Ball Mastery - Warm up (10 mins)

Organization: 4 boxes of 8x8. 3 or 4 players per box.

Instructions:

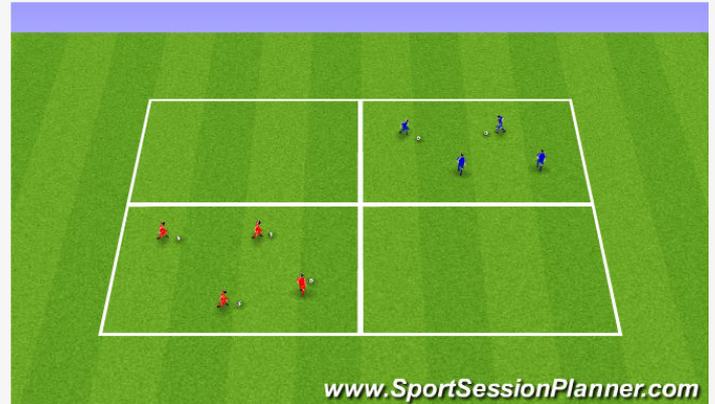
Players dribble around in a box. After each 3 touches they do foundational skills. Foundational skills: boxes, inside rol, v-move, scizzor, sole role

Coaching Points:

small quick touches, pick your head up while dribbling, use both feet.

Progressions:

make it a fun race where they have to dribble to a cone, last one to the cone loses.



Stage 1: Technical (20 mins)

Organization: Cones are 20y apart from each other.

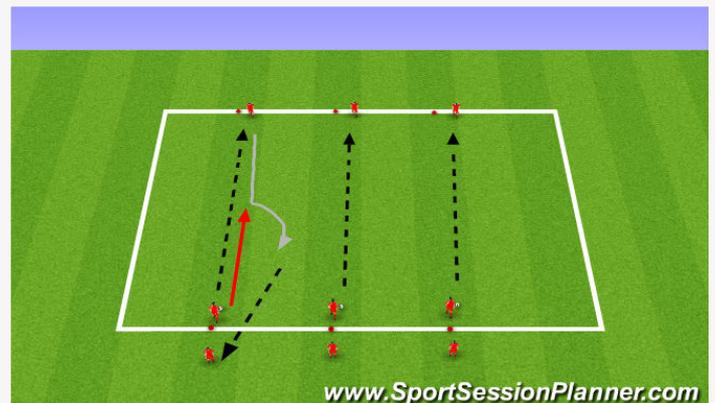
Instructions:

Player passes the ball to the other side and jogs/runs up to pressure. The player takes his touch towards the player and make the skill on him to beat him. Moves: double body fake, double scissors

Coaching Points:

Game/like speed dribble, timing of the move, change of direction, acceleration after the move.

Progressions: take the middle cone away and have players dribble towards each other.



Stage 2: 1v1 (15 mins)

Organization: Field is 20x25y. 2 big goals and 2 small goals.

Instructions:

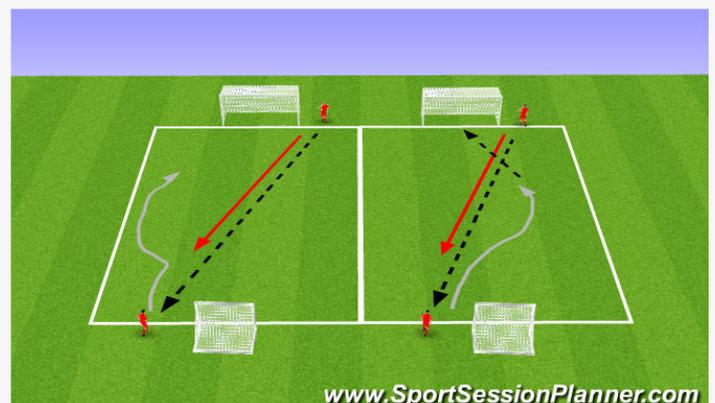
Defender dribbles the ball in and passes to attacker. If the defender wins the ball on the attacking half and score they get 2 points. If they win it on the defensive half and score they only get 1 point. If the attacker scores he gets 2 points.

Coaching Points:

dribble straight up to the defender, head up while dribbling, timing of the move, acceleration after the move.

Progressions:

2v1



Stage 3: 1v2 (20 mins)

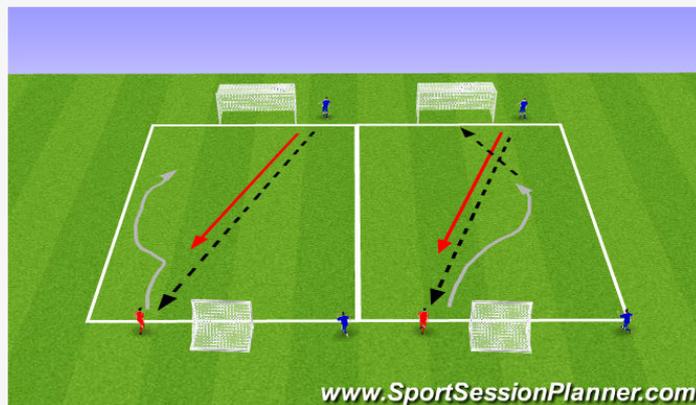
Organization: Field is 20x25y. 2 small goals.

Instructions:

Defender passes to attacker. If the defender wins the ball they and they score they both get 1 point. If the attacker scores he gets 2 points. The 2nd defender can run in when the attacker receives the ball.

Coaching Points:

dribble straight to the defender, head up while dribbling, make the move towards your teammate direction, dribble opposite.



3v3/4v4 (25 mins)

Organization: Field is 25x40 with 2 small goals on each field.

Instructions:

Teams play either 3v3 or 4v4 (max). After each goal other team starts with the ball by their own goal. Dribble/pass in from the side.

Coaching Points:

Tactical Individual: Create space (move away from defender), Desire to pressure when losing the ball.

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Messi Rule: Each time a player dribbles, he either needs to beat a player or make a combination with another player (recognize quickly to dribble/pass).

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