

Description

Dribble and Pass and Receive (15 mins)

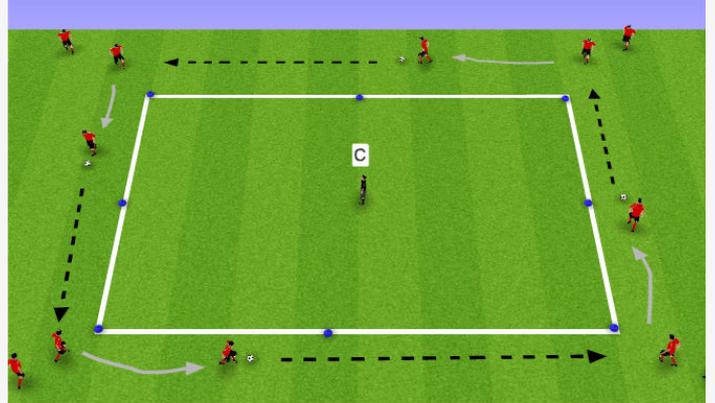
Set up grid according to age of players. Have players play in the outside of grid and each player on the corner will have a ball at their feet.

All players in corner will quickly dribble to center and pass. The player receiving the pass will receive with appropriate foot and using good first touch will quickly dribble to center to repeat the pass.

The player making the pass will follow and go to next corner. Continue one way and then change direction so that players can work on their opposite foot.

Focus on

- Dribbling technique and keeping the ball in front of them under control
- Picking their head up and making an accurate pass
- Player receiving the ball preparing themselves to receive pass and first touch
- Eye contact and communication



Dribble and Wall Pass (15 mins)

Set up grid according to age of players. Have players play in the outside of grid and each player on the corner will have a ball at their feet. This stage is more complex for the younger age groups.

All players in corner will quickly dribble to center and pass and prepare themselves to receive a pass back followed by a wall pass to space for player making a run.

The player will get ball under control before making the next pass and follow same sequence.

Recommend start with 1 ball in corner as a demo.

The player making the wall pass will follow and go to next corner. Continue one way and then change direction so that players can work on their opposite foot.

Focus on

- Dribbling technique and keeping the ball in front of them under control
- Picking their head up and making an accurate pass and communicating to get the ball back and seeing the visual cue of the run and timing
- Eye contact and communication
- Technique of locking ankle and weight of pass

