

COACHING SESSION PLAN

Session Type	U14 week 2, practice 2
Theme of Session	Ball Control

Key phrases for today's theme;

- Fast feet- *bend your knees, pad the ground, focus on control*
- Ball Control- *adjust your body when the ball is in flight so you can play it back quickly, keep the ball close to you and keep it moving*
- Four corner- *focus on your first touch when you receive the ball, can you make sure it always plays you into space, teammates should open space for receivers by moving off-the-ball*
- Game- *create space for you and for your teammates, try to score if you can see the goal*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Fast footwork with ball control</p> <p>Players should perform any of the single fast footwork drills between the cones, then after each fifth cone, the player should dart out the line to a coach who should throw a ball toward a 'control surface' for the player to control. The player should control the ball and then play it back to the coach</p> <p>Examples of control surfaces are;</p> <ul style="list-style-type: none"> • <i>inside foot</i>- to be played straight back • <i>laces</i>- to be played straight back • <i>thigh</i>- control then passed back • <i>chest</i>- control then passed back • <i>head</i>- to be played straight back <p>Start with the coach deciding which surface and which footwork technique, but then let the players decide and call out the surface they want, while doing the footwork.</p> <p>Players should go through all fifteen cones and then go back round to the start.</p>		<p>10 minutes</p>
<p>Ball Control/First touch; control at any height</p> <p>Set up an area for the players to work in, the drill involves little movement so the space doesn't need to be a massive! The players should be split into pairs with a ball between two, as in the top diagram.</p> <p>In this area, one player should start as a server, while the other starts by hopping on one leg. The players should then each go through the following exercises (6 repetitions on each), remembering that 'control' is about keeping the ball close to their body so that they can play a pass quickly;</p> <ul style="list-style-type: none"> • <i>Inside control (right)</i>- with the player hopping on the left leg, the server should throw the ball toward the player's right shin where they should control with their instep before passing it back • <i>Inside control (left)</i>- with the player hopping on the right leg, the server should throw the ball toward the player's left shin where they should control with 		

<p>their instep before passing it back</p> <ul style="list-style-type: none"> • <i>Lace control (right)</i>- with the player hopping on the left leg, the server should throw the ball toward the player's right shin where they should control with their laces before passing it back • <i>Lace control (left)</i>- with the player hopping on the right leg, the server should throw the ball toward the player's left shin where they should control with their laces before passing it back • <i>Thigh control (right)</i>- with the player hopping on the left leg, the server should throw the ball toward the player's right hip where they should control with their thigh before passing it back • <i>Thigh control (left)</i>- with the player hopping on the right leg, the server should throw the ball toward the player's left hip where they should control with their thigh before passing it back • <i>Chest control (right)</i>- with the player hopping on the left leg, the server should throw the ball toward the player's upper chest (just below the neck) where they should control with their chest before passing it back with their right foot • <i>Chest control (left)</i>- with the player hopping on the right leg, the server should throw the ball toward the player's upper chest (just below the neck) where they should control with their chest before passing it back with their left foot <p>The progression to this practice is the second diagram, where the coach should split up the players into groups of three, and set up mini goal areas, with a six yard wide goal in a 12x12 yard area. There should be a goalkeeper, server and striker who will rotate after each strike on goal.</p> <p>The server should throw the ball at any height toward the striker who should try to bring the ball down quickly and strike the ball into the goal.</p> <p>Key points for basic control are;</p> <ul style="list-style-type: none"> • <i>On your toes</i>- players should be on their toes for any height, showing readiness to receive the ball • <i>Cushion</i>- players should aim to 'cushion' the ball with the control surface • <i>Adjust the body</i>- the player should adjust their body prior to controlling the ball so that they are facing the way they wish to play • <i>Moving not stopping</i>- there should be a focus on keeping the ball moving not stopping it 		
<p>Small-sided-games; four-corner model</p> <p>Maximum of 4v4 players for U14s. Four-corner soccer should be used for short passing, turning and ball control practices.</p> <p>The aim for the players is to get the ball, under control, into one of their two target corners. If one team is doing far better than the other, remove one of their target areas so that the weaker team has two target corners but the stronger can only aim for one.</p> <p>The set up should be a 25x35 yard area, with four 5x5 yard corners.</p>		

Small sided games; regular mini game

Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.

The aim for the players is to score in their target goal.

The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.

