

ACTIVITY PLAN

Week 2

Ball

Control.

Warm up

Objective:

To improve general coordination.

Organization:

20 yard x 20 yard area.

The coach shows various different movements and the players copy the movements.

Procedure:

The coach shows the players how to:

- Hop,
- Skip,
- Sidestep,
- Move Backwards,
- Karioky

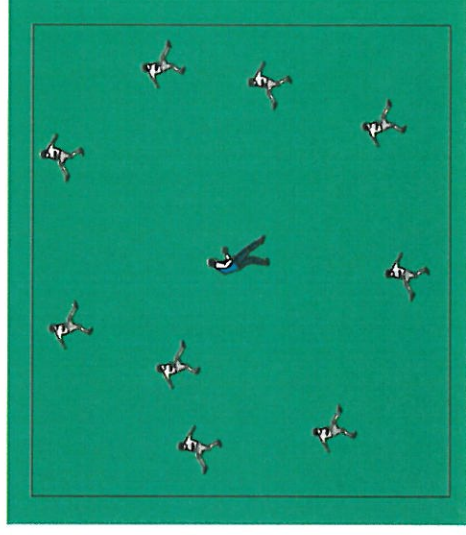
and how to turn on the move.

Key Coaching Points:

- Coordination
- Balance
- Agility

Progression:

The coach gives each movement a number.



Week 2

Individual

Activity

Objective:

To Improve Individual Ball Control Skills.

Organization:

20 yard x 20 yard area. The coach stands on one line with their back to the players who are spread out along the opposite end line. 1 ball per player.

Procedure:

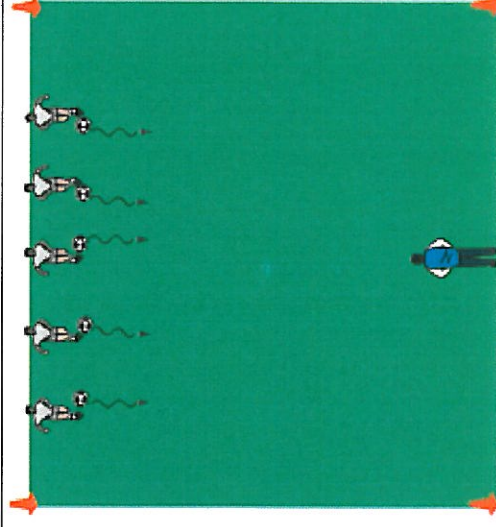
The coach calls "GO" then counts down from 5 before turning & facing the players who are moving towards them. The players must stop the ball with the soles of their feet. Any players seen moving is sent back to the starting position. This pattern continues until one player tags the coach.

Key Coaching Points:

- Keep the ball close between touches
- Keep your head up

Progression:

The coach uses their fingers to count so the players must keep their heads up.



ACTIVITY PLAN

Week 2

Ball Control.

Small Group

Activity

Objective:

To improve

Individual Ball

Control Skills

Under Pressure.

Organization:

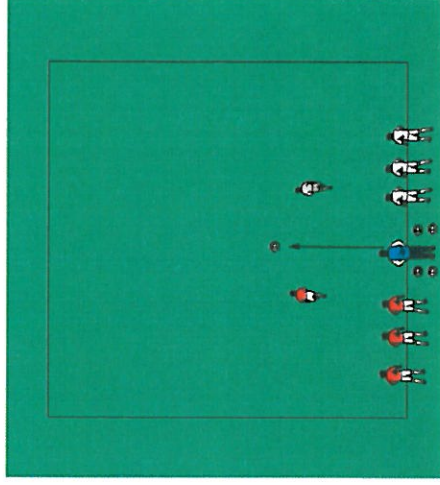
20 x 20 yard area,
two sets of players
with 5 on each team
numbered 1 – 5.

Procedure:

The coach plays a ball into the center of the area. Then he calls a number between: 1-5. The player on each team with that number sprints into the grid to possess the ball. The player that gets the ball back to the coach gets the points for there team. (you can also use animal names instead of numbers.)

Key Coaching Points:

- Speed
- Ball Control
- Shielding
- Dribbling
- Passing



Week 2

3 v 3

Small Sided

Game

Objective:

To improve

Individual &

Small Group

Game

Understanding.

Organization:

20 x 30 yard area
Play a 3 v 3 match

6ft x 6ft Goals

Size 3 ball

Key Coaching Points:

Summation of all challenges for the players.

Stay out of their way and let them play.

