



Tactics Manager

Date: 12/Dec/2017

Duration: N/A

Time: N/A

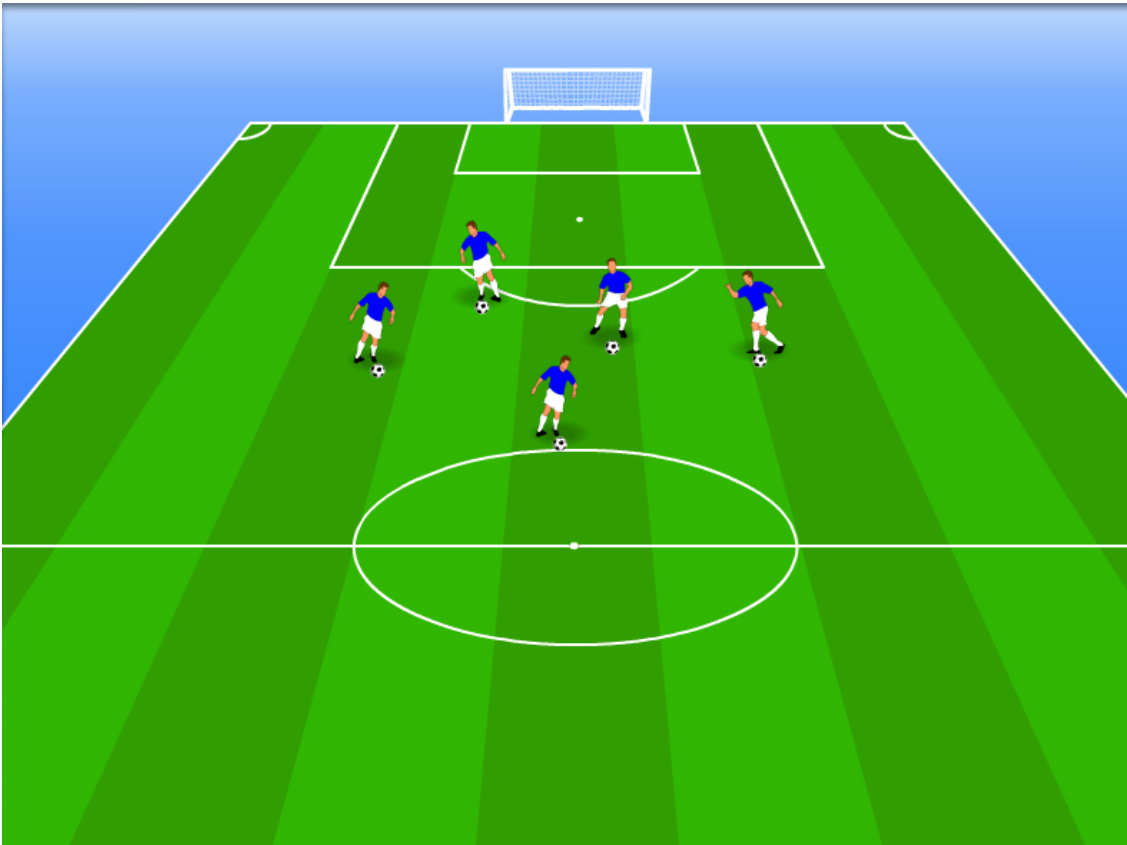
Age/Level:

Session

Objective:

House League - Ball mastery warm ups and sessions

Warm up sessions - Ball mastery/dribbling



Description:

Every player has a ball. Ask players to perform various dribbling moves, such as:

- Toe taps/pushes (dribble with sole of the shoe only, start with changing feet stationary, then moving the ball)
- Tick Tocks (dribble by bouncing the ball between the insides of our feet)
- Zig Zags (dribble alternating touches from little to big toe and back. Have them switch feet after an inside touch across the body)

Coaching Points:

Heels off the floor, knees bent, chest forward slightly, small touches, one touch per step.

Progression: play follow the leader, in pairs, the follower must copy the moves of the leader.

Progression: ask the kids to "invent" a skill using touch combinations (e.g. "you can only use inside touches and sole touches, what can you come up with? If you invent a good one can you show the group?")



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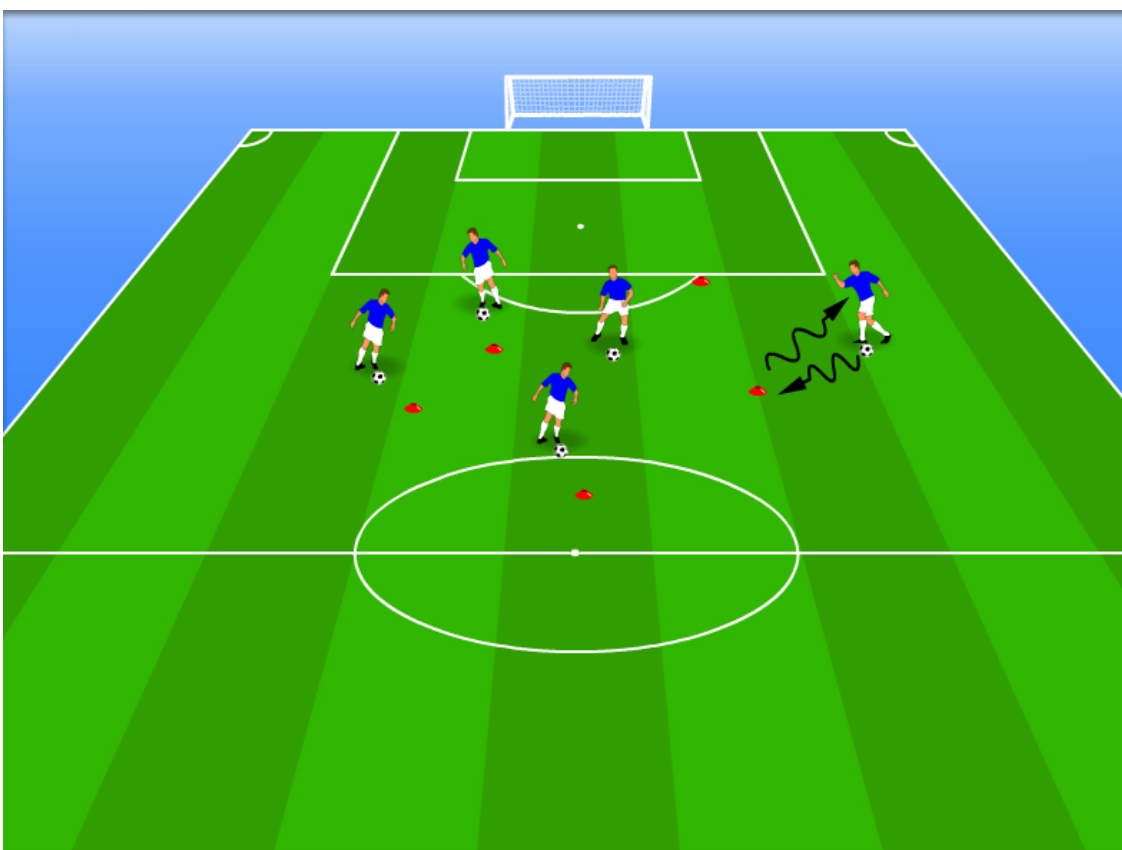
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Objective:

House League - Ball mastery warm ups and sessions

Warm up sessions - Ball mastery with turns



Description:

Ball mastery warm up as above but add turning elements. Use cones or water bottles scattered on the field. Players dribble around and perform a turn at the bottle or cone. They can turn in front of the cone or dribble around it.

Around: use big toe touches (inside hook) or little toe touches (outside hook)

In front: Inside and outside hooks, pull turn (sole of the foot to stop and drag the ball back)

Coaching Points:

Small touches, keep the ball close so we can turn sharply. When turning, bend knees, sit down slightly to lower our centre of gravity, get our next touch of the ball as quickly as possible (the foot we turn with becomes our pivot foot, our other foot then pushes the ball for the next touch).



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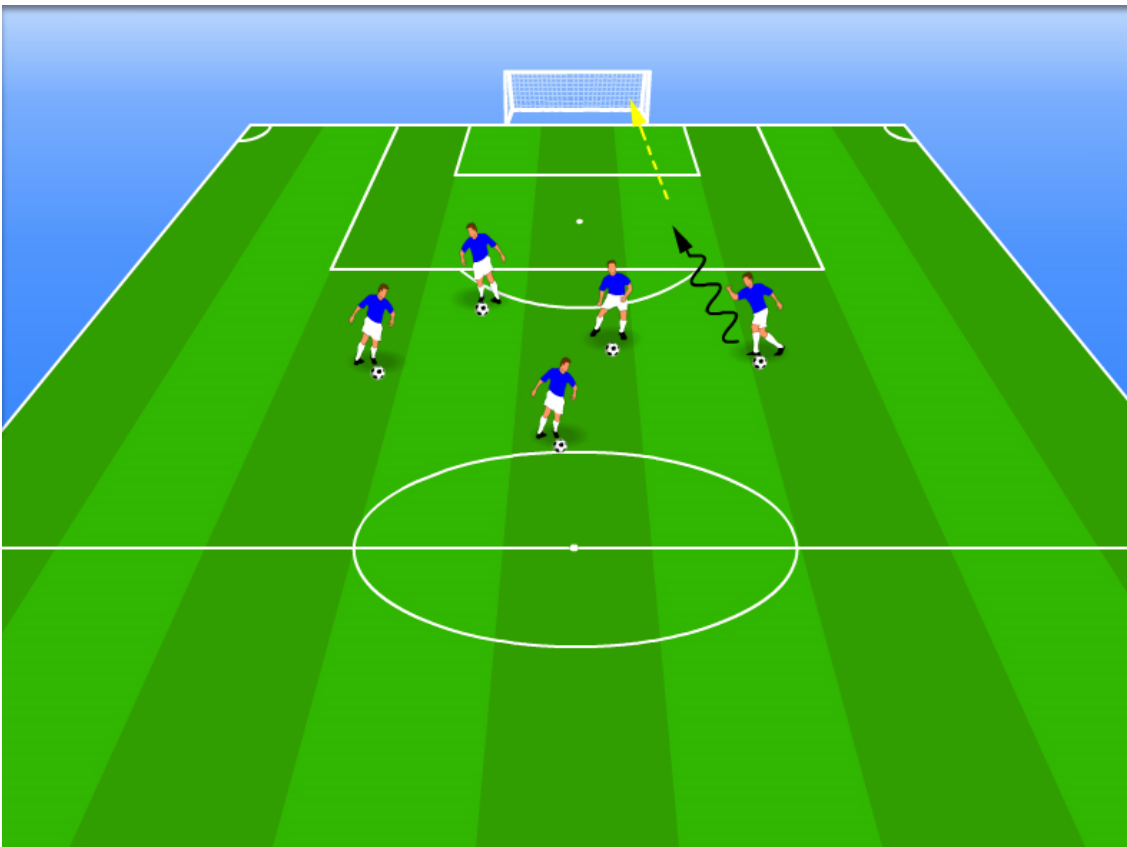
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Objective:

House League - Ball mastery warm ups and sessions

Warm up sessions - Ball mastery with shooting



Description:

Each player has a ball. Perform the same ball mastery warm up as above but, when the coach calls a player's name, they have to dribble to goal and shoot as fast as they can.

Progression: if playing "follow the leader," the players can race to score. You may need to number the pairs for this rather than call names.

Coaching Points:

Take a touch to set the ball out from under our feet, standing foot level with the ball, toes down to shoot with laces.



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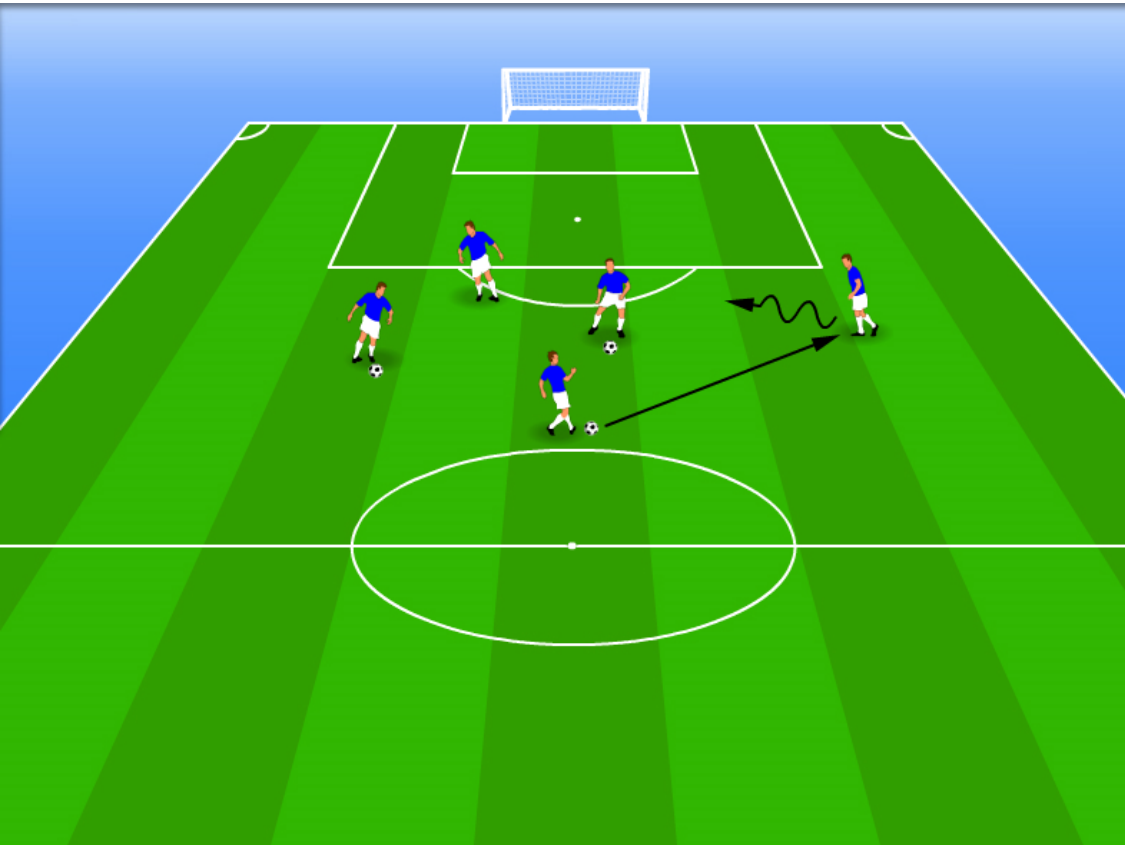
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Objective:

House League - Ball mastery warm ups and sessions

Warm up sessions - Ball mastery with pass



Description:

Ball mastery warm up as above but add passing. Two or three players do not have a ball and they move around in between the dribblers. Ask those dribbling to look for opportunities to play a pass. Encourage those without a ball to ask for the ball off their team mates. Challenge the players to pass their ball between two players to the team mate, this encourages the receiver to consider their position when receiving also. Give challenges to players: "ten toe taps when receiving before making a pass, can you do a turn of your choice before passing."

Coaching Points:

Standing foot next to the ball, open up the hip to pass with the inside of our foot, do not twist or spin the body, move the leg through the ball straight at impact.