

## Ball mastery

12-15min

In squares player will perform various individual technical skills.

**General coaching points.**

- Encourage that players start all moves slow and progress to doing them faster as they master the skill.
- All skills should be done/performed with both feet.
- Players should make every effort to keep their ball inside their square throughout the skills.

**Group A:**

**Shuffle** - bend knees, keep ball in front, use side of big toe to tap the ball back n forth

**Side roll & controlling ball with inside of the foot** - talk about the roll going across body and shifting body along with the ball. Utilizing opposite foot to control it, toes up and heel down, making sure foot controlling the ball is not on the ground but above ground.

**Pull turn** - Ensuring location of the ball in front of player prior to performing the pull. As ball is being pulled body is turning same time.

**Slide** - Foot starts slightly to the side of the ball in the direction the skill is being performed.

Encourage the ball to slide far out to the side and as foot is coming over the ball to bring it inside to use the side of big toe to bring back in.

**Stationary roll-**

- 1) Make sure players roll the ball across their body to keep it away from defenders
- 2) Make sure players push the ball with their inside of their foot.

**Stationary Scissor-**

- 1) ensure where the ball needs to be located
- 2) Make sure players push the ball out with the correct surface of the foot (Pinky toe and pushed diagonally)



## Moves unoppose (15 mins)

12- 15 min

**Practice Organization:** Set up 2 to 3 lines depending on #'s, players will do the move on the imaginary defender and the pass the ball to goal. Make sure players are getting behind the ball and opening their foot up when passing the ball into the goal.

**Coaching Points for ALL moves general:**

- Prior to performing move ball location in between body slightly in front.
- Taking a peak having head up to see where defender is at.
- Exploding after the move

**-Ensure players are performing the moves slow at first until mastery is happening then they can go faster.**

**Roll Push key points:**

Ensure the roll is performed across the body to keep as far away from defender as possible, with inside of the foot upon completing roll teach to push the ball forward with inside of the foot.

**Scissor key points:**

- Perform scissor fast and low around the ball
- Shoulder & waist fake to help make the move better (don't concentrate on this too much until scissor is being done properly)
- Ensure to teach proper technique of pushing ball forward and diagonal with outside of the foot after scissor



## Dribbling & finishing exercise

15-20min

**Practice organization:** See above diagram, 2 teams 1 player from each team will dribble through cones at the same time, at the end must finish with inside of the foot to the corners. As soon as players shoot, next players go. After 8- 10 minutes switch teams up so that they shoot with different foot. B players must finish with inside of left foot & A must finish with inside of the right foot. Ensure to keep track of score to keep it competitive.

Lower level players: will just do inside & outside of the foot.

Higher level players: will do cookie move & roll push around cones (make sure players are encouraged to alternate moves)



### Coaching points:

#### Dribbling:

Keeping ball close, gentle touches, for inside of the foot encouraging to use the side of big toe to chop ball in, address proper technique of utilizing outside of the foot, (foot facing down slightly bent to ensure ball is pushed out with small pinky toe)

#### Cookie:

The ball should be dragged with inside of the foot across players' body, ensure body is being shifted as ball is being dragged, push ball forward with the inside of the opposite foot. As players improve they can work on doing it faster.

#### Roll:

Step on the ball and roll across body, with receiving foot open foot and push forward slightly. As players improve they can work on doing it faster.

## Shooting station (20 mins)

**Directions:** The drill starts by player in line A playing soft pass to their teammate in the middle of the box, player waiting at the end of the box runs up and takes a one time shot with their right foot, once shot is taken team B does the same thing but team B shoots with their left foot, after each turn players switch roles.

Have each team switch sides after 8min.

### Coaching Points:

Talk about weight of the pass into the box.

For shooting technique below is the following coaching points in sequential order:

- Plant foot in relation to the ball and pointing where?
- angle of approach to the ball
- shoulders and body being on top of the ball
- teach and show what striking with the laces looks like. Toes pointing down and locked in tight.
- striking ball at the middle part of the ball.
- Following through

