



Ball Control, Passing & Moving



© Copyright www.academyfootballcoach.co.uk 2019

FUN: 15 x 15. This exercise shows 8 players. To start the exercise, two players have a ball. The rest of the soccer balls are with the coach. The exercise starts with the two players with a ball dribbling around the area and trying to hit the other players below the knee.

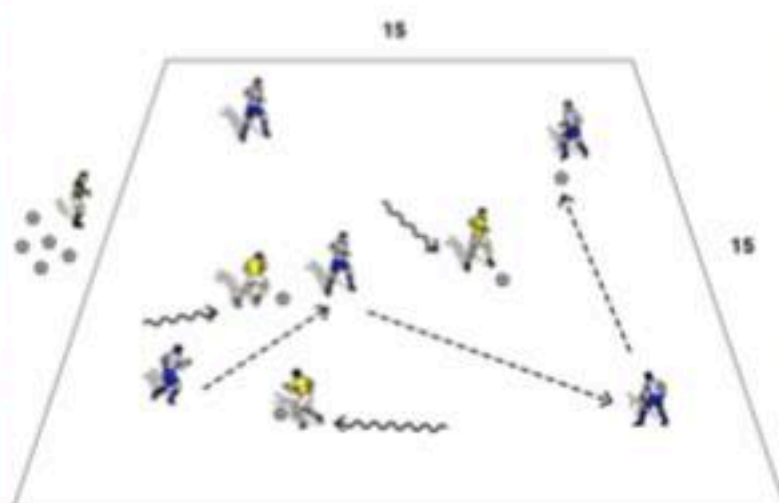
1. This has to be done with a side foot pass.
2. If a player is hit below the knee they go and collect a ball from the coach and join as a chaser. Play until all players have been hit.
3. Change starting hitters.

Coaching points:

The players with the ball must show energy, movement of the ball and quick turning reactions while chasing players. Do not allow this to get out of hand.

Emphasize the importance of the pass. Pass with the side of your foot. The contact made on the ball is in the middle, not on the bottom. Aim for the legs. If players kick their ball out, they have to retrieve it.

Reflection notes:



© Copyright www.academyfootballcoach.co.uk 2019

PRACTICE: Rondo - 15 x 15 (can make it bigger). This exercise shows 8 players. Two teams of 5 v 3. The grey team (5 players) have one ball while the yellows (3 players) each have a ball.

1. The yellow team dribble their ball in the playing area trying to block passes from the blue team. They are dribbling and getting in the way of the blue team. Players CANNOT touch the other teams ball.
2. The blue team attempt to pass their soccer ball in the playing area.

Variation: Switch roles

Coaching points:

The players that are keeping possession quickly find space. Weight, accuracy and timing of the pass.

Body shape when receiving the ball. If the player receiving the ball does not see an open player, move the ball with a good first touch.

Dribbling players keep the intensity

Reflection notes:



© Copyright www.academyfootballcoach.co.uk 2019

PLAY: 25 x 30. Two teams. The grey team is chosen to play with three players and yellows with two players. The coach has all the soccer balls.

1. Grey players set up to play 3v2 against yellows. One blue player stands in front of the goal.
2. The coach serves in the ball to the blue player.
3. The two supporting blue and two defending yellow players enter the playing area. They run around the cones as shown.
4. A 3 v 2 is played. If the defenders win the ball they can attack the opposition goal.
5. Switch to where yellow play 3v2.

Coaching points:

Make the extra player count. Create triangles when in possession. Passing and angles. Movement and communication. Shot at goal

Play 4v4 games for the last 20 minutes!!

Reflection notes: