

Workout F | Technical | U13-U19

a. Intro

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Equipment used:

- 4 cones (can be replaced by shoes, water bottles etc.) will be placed on a 6 yards square grid
- 1 ball

The goal for the training is to maintain or improve controlling the ball when dribbling and turning

b. Section 1 – Warm-up:

Starting from one corner of the grid:

- Easy jogging in the middle follow by shuffling to the next corner, will stop once you get back to the starting point.
- Knees up in the middle, turning to the tight
- Heels up in the middle turning to the left
- Accelerate in the middle, turning to the right
- Dribbling the ball in the middle, roll it with bottom of the foot to the left
- Dribbling the ball in the middle, roll it with bottom of the foot to the right

c. Section 2 – Dribbling

Activity 1

- Dribbling the ball to the middle touching the ball every step followed by pushing the ball across the grid (5 times back and forth or until feel comfortable)
- 30 sec rest
- Time to see how long it takes you to do it
- 30 sec rest
- Try to beat the time you got
- 30 sec rest
- Using the same sequences use the other leg

Activity 2

- Dribble the ball into the middle, cut around the bag with the inside of the foot and accelerate to the left side (2 times around the grid or until feel comfortable)
- 30 sec rest
- Time to see how long it takes you to go around 1 time

Workout F | Technical | U13-U19

- 30 sec rest
- Try to beat your time
- Using the same sequence use the other leg

Activity 3

- Dribble the ball into the middle, cut around the bag with the outside of the foot and accelerate to the left side (2 times around the grid or until feel comfortable)
- 30 sec rest
- Time to see how long it takes you to go around 1 time
- 30 sec rest
- Try to beat your time
- Using the same sequence use the other leg

Activity 4

- Dribble the ball into the middle towards the bag, turn using the outside of the right foot around your left leg , and accelerate to the left side (2 times around the grid or until feel comfortable)
- 30 sec rest
- Time to see how long it takes you to go around 1 time
- 30 sec rest
- Try to beat your time
- Using the same sequence use the other leg going to the right side

Coaching points:

- Go as fast as you can keep the ball under control. Slow down if needed.
- Dribble with your head up , look around you as you dribble
- Accelerate after every turn
- Control the ball, don't let the ball control you

d. Section 3 – Cool down

- Rolling on the ball and stretching for 5-10 min