



Week 1 Ball Mastery

Category: Technical: Ball Control

Difficulty: Beginner

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Game Play 5v5

5v5 Game Play 10 -12mins

1. All U8 - U10 Teams should start with a small sided game at the start & end of each session.
2. Limited coaching and discuss the players with your Asst coach.
3. **CONNECT** with your players again after the break.
4. Set the tone and also team goals for the Winter Training Sessions.



Technical Skills (10 mins)

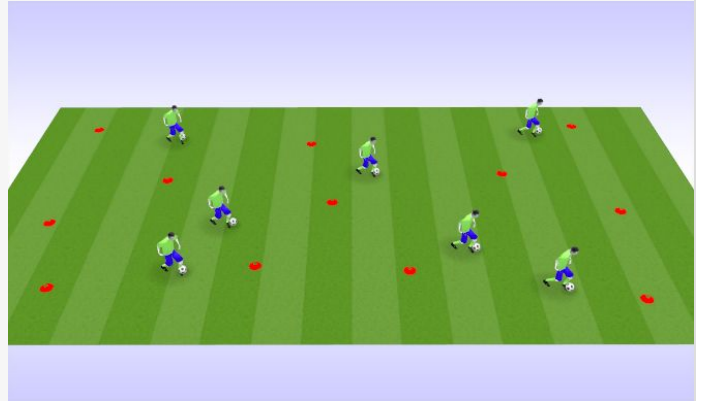
Technical Skills

Players do a variety of techniques with the ball:

- a) Cruyff
- b) Inside Turn
- c) Outside
- d) Top taps
- e) Quick Feet

Good Demonstrations from the coach.

Progression: Have the players demonstrate and clap the players after they have completed it.



2 v 2

2v2 Challenge

Coach passes the ball into the attacker who goes 2 v 2 with defenders and attempts to score on either goal. If defenders win ball they counter to central goals.

Progression - Attacker may play back to teammate who they play 3 v 2.

Coaching Points: Head up, Good 1st touch, awareness of space.



Game 3v3 (15 mins)

3 v 3 Game - Players play a regular game no gk's / add gk's



5v5 Games

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