

Technical Fun for Rec Players!

Exercise 1 - Juggling

Ball starts in hands:

Drop/Thigh/Catch

Drop/Thigh/Thigh/Catch.....

How high can you go?

Ball starts in hands:

Toss/Head/Catch

Toss/Head/Head/Catch.....

How high can you go?

What's your record?

Explain why to do Exercise 1 **before** the warm-up.

Warm-Up

Footwork through cones

- 1 squat
- 3 "toe-taps"
- Inside touches and roll ball back with sole of foot when asked by name ("Billy!")

With server at end of ladder:

- 1 touch back to server
- head back to server

Exercise 2 - Tag

- 4 or 5:1 dribbler to tagger ratio (want dribblers to succeed. Don't coach the taggers)
- If tagged, pick ball up over head w/both hands, freeze and spread legs
- To unfreeze someone, pass your ball thru their legs

Keys:

- * Close control
- * When to accel/evoke, when to "rest"
- * Help teammates *when it makes sense* (risk vs reward)

Exercise 3 - Circle Dribbling

- Circle 16-20 yds in diameter
- 1st player goes across circle to another player and slaps 'em five
- That player goes across to another player.
- Repeat until ALL players have gone (last player goes to player that started exercise)

Same, now with ball

Add balls 2 & 3

Keys:

- * Be alert!
- * 1st touch
- * Accel/Decel depending on traffic in circle (recognition)
- * Clean exchanges (passing/receiving)

Exercise 4 - Box Dribbling

- Outside box approx 18 x 18 yds; inside box 3 x 3
- Even # of players at each corner of outside box
- 1st player at each corner has ball (4 balls total)
- Dribble thru box and go to diagonal line (all 4 at once)

Keys:

- * Be alert!
- * 1st touch
- * Accel/Decel depending on traffic in center box (recognition)
- * Clean exchanges (passing/receiving)

Exercise 5 - The Fox

- Large triangle with 5 x 5 box in middle
- Middle box occupied by defender
- 1st player at each corner has ball (3 balls total)
- Dribble thru box and go to line to your right (counterclock-wise)
- If defender steals or knicks your ball you switch out

Keys:

- * 1st touch
 - * Accel/Decel depending on defenders posture or current engagement w/another player (recognition)
 - * Clean exchanges (passing/receiving)
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Exercise 6 - 1 v 1's

- 10 x 15 yd grid
- odd number of players (if possible) per grid (3 @ one end; 2 the other)
- Defender passes ball out, attacker receives, defender engages, play!
- Attacker has to dribble over defender's endline; Defender tries to dispossess attacker

Attacker Keys:

- * 1st touch
- * "Bait" defender
- * Explode after move
- * Be creative (nutmeg!)

Defender Keys:

- * Close attacker quickly
- * Sheppard to one side
- * Tackle when opportunity is there; contain otherwise

Variation - Defender does a throw-in to start play

Exercise 7 - Numbers up Keep Away

- 3 vs 1 in a 15 x 15 yd grid. Idea is to promote possession for the attacking players via accurate & properly weighted passes and movement without the ball

Keys:

- * 1st touch
- * Accurate and properly weighted passes
- * Movement to support ball-handler

Might be a good idea to start with the ball in attackers hands (handball)

Exercise 8 - Numbers up Keep Away

- 5 vs 1; 6 vs 1; 6 vs 2; etc. Find ratio that works best for your team. Idea is to promote success for the attacking players. Increase number of defenders if attackers are having their way.

Keys:

- * 1st touch
- * Accurate and properly weighted passes
- * Movement to support ball-handler

Might be a good idea to start with the ball in attackers hands (handball)