

Ball Familiarization

	<p style="text-align: center;"><u>Organization</u></p> <p>Players are between two cones 7 yards apart Players looks to get as close the cone as possible Player cuts the ball between the cones using</p> <ol style="list-style-type: none"> 1. Inside of both feet 2. Outside of both feet 3. Combination using the same foot 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> •Keep shoulders facing forwards •Bend knees •Weight forward •Keep ball within reach
	<p>In pairs with one ball 15 yards apart Players dribble to the middle and change direction</p> <ul style="list-style-type: none"> •Inside/ Outside/ Combination both feet <p>and pass to the opposite player Players do a body fake before cutting The challenge- <u>“do the activity at speed”</u></p>	<ul style="list-style-type: none"> •Relaxed movement •Timing of execution •Bend knees •Change Angle of ball •Change of pace
	<p>Area 40x30 with 5 five yard squares Players go in and out of as many squares as possible Add defenders restricted to squares If defenders win the ball switch roles Add defender that roams free outside of squares</p>	<ul style="list-style-type: none"> •Awareness of space •Change of speed •Awareness of defender
	<p>Area 30x20 3v3 or 4v4 2 three yard goals</p> <p>All restarts from a dribble Play with 2 balls (4v4)</p>	<ul style="list-style-type: none"> •Team Shape •Recognition of when to dribble or pass •Be decisive