



CC United Soccer: Jack in the Box

Passing, Receiving and Dribbling the Ball



The activity below is designed to incorporate a number of technical skill used in the game. The activity can be used as warm-up before the game or as a training activity. The primary task is to complete the course without loosing control of the ball and visit all the boxes around the area. Instruct the players that this is not a race, it's a task that has to be completed.

Organization:

Square area 30 x 30 yards or age appropriate Four x 5 yard boxes on each corner.

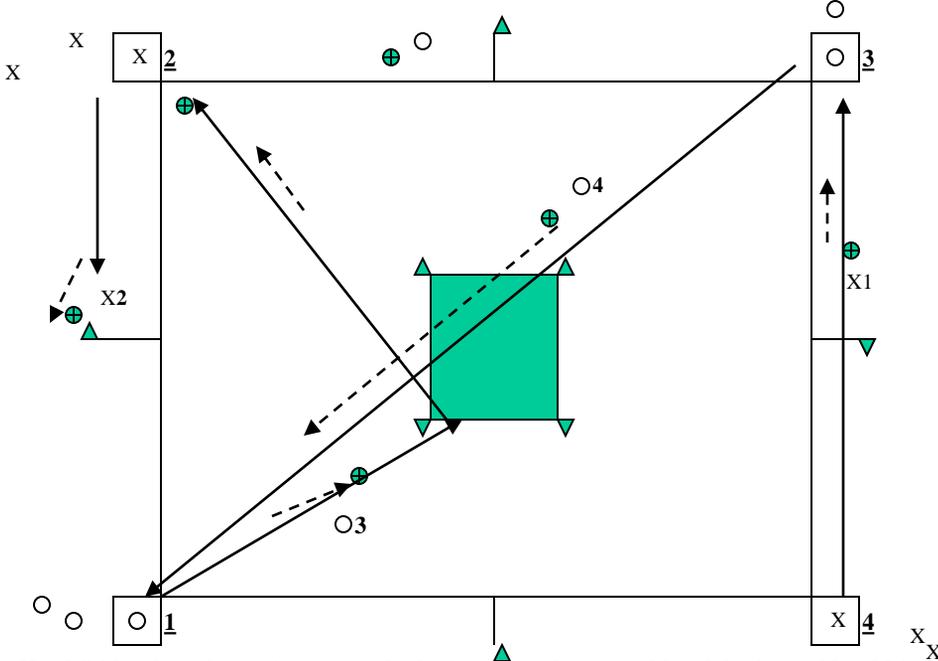
One 8 yard box in the middle of the 30 x 30 box marked with cones. A cone at the half way line between the 5 yard boxes, 5 yards off the 30 x 30 area. A good supply of balls

Objective:

The task for the players is to dribble the ball around the square form one 5 yard box to the next

Until they get back to their starting point. After completing all the boxes on returning to the players starting position the players Move on the next exercise

Path of Player ———> Path of Ball - - - ->



Activity 1* Player X1 dribbles from box #4 counter clockwise around the outside of the large 30 x 30 box from corner to corner leaving the ball in the next box for the next player to complete the exercise. Player X1 waits in line for the next ball and dribbles to the next box, visit 4 boxes and player X1 is back at the start. Continue exercise in a clockwise direction.

Activity 2* Player X2 dribbles the ball in a counter clockwise direction out of box #2 to the middle cone and dribbles tight around the cone taking the ball onto box #1 to leave it for the next player. Continue exercise in a clockwise direction.

Activity 3* Player O3 dribbles the ball to the center box around the cone and goes to left box #2 player O3 waits in line for the next turn and dribbles to the next cone and repeats the exercise around the middle area. After all the players have completed the four middle cones the group repeats exercise in the opposite direction.

Activity 4* Player O4 dribbles the ball across the 30 yard area from box #3 through the middle box to get the ball to box # 1 leaves the ball for the next player to take it back..

All the activities must be done individually taking care to coach running turning dribbling the ball. Incorporate a pass with all the activities. This activity allows for lots of repetition and energy make sure the players perform each exercise correctly.

Coaching points: Open body to receive the ball: Selection of surface to use when controlling the ball: First touch out of feet change the angle of the ball: Awareness of space: Playing at speed. Turning/changing direction incorporating fakes and moves. Passing and movement off the ball

This activity covers many aspects of technical skills It is recommended that the coach concentrate on one aspect of the game This session is designed for economical training the coach should concentrate on one technical skill for each session