



# Ball Familiarization



Objective: Improve the players ability to change direction using different parts of the foot

	<p><b>Area 20x20 1 ball each</b>  <b>When coach says go players have to move the ball</b></p> <ol style="list-style-type: none"> <li>1. Inside of the feet</li> <li>2. Bottom of the feet (cleat )</li> <li>3. Combination</li> <li>4. A pull push (laces away cleats pulling back)</li> </ol>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Knees bent</li> <li>• Start slowly</li> <li>• Establish a rhythm</li> <li>• Awareness of other players</li> </ul>
	<p><b>Area 20x20 each player has 1 ball</b>  <b>Each side of the area is numbered from 1-4</b>  <b>Coach calls out a number and players have to get to that side as quickly as possible</b>  <b>Add one -defender if attacker loses possession they become the new defender. Players execute a move and move to the side of the field</b></p>	<ul style="list-style-type: none"> <li>• Fast feet</li> <li>• Ready to change direction</li> <li>• Establish comfort zone on the ball</li> <li>• Quick change of pace and angle of the ball</li> <li>• Shielding the ball</li> </ul>
	<p><b>30x30 with 4 two yard goals, Blue play north to South Yellow east to west</b>  <b>Coach serves ball in and players score by dribbling the ball through a goal</b>  <b>Progress to target in the goal open player runs ball to target, target player goes in, inside player goes out and becomes target player.</b></p>	<ul style="list-style-type: none"> <li>• Recognition of weak side</li> <li>• Deception</li> <li>• Change of speed</li> <li>• Comfort zone on the ball retaining possession</li> </ul>
	<p><b>4v4 game with keepers open play.</b>  <b>Observe the players first touch and control</b>  <b>Observe the players ability to change pace and angles of the ball</b>  <b>Observe the players ability to beat a defender</b></p>	<ul style="list-style-type: none"> <li>• Team Shape</li> <li>• Awareness of opponents</li> <li>• Encourage individual free play</li> </ul>