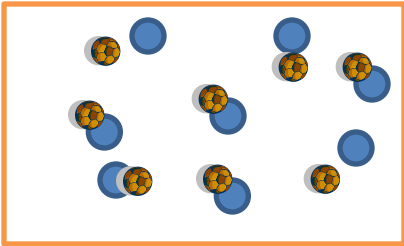
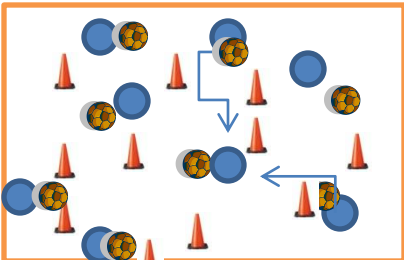
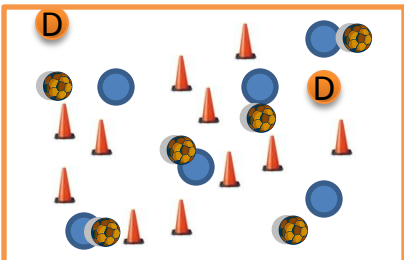
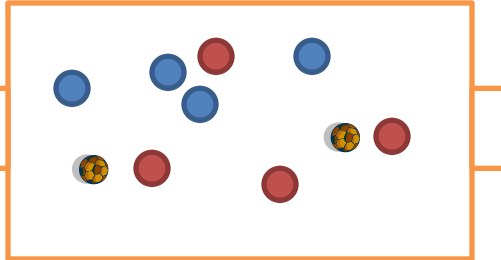




# Ball Familiarization



Objective: Improve the players ability to change direction using the inside and outside of both feet

	<p style="text-align: center;"><b><u>Coaching Points</u></b></p> <p>Area 20x15 1 ball each          Players move the ball around touching the ball in sequences          Inside left inside right          Inside outside same foot          Inside to opposite outside          Increase in speed</p>	<p style="text-align: center;"><b><u>Technical points</u></b></p> <p>Head up          Knees bent          Shoulders over feet          Weight should be forwards ( ready to attack)          Establish a rhythm          Relaxed movement</p>
	<p>Area 20x15 Cones randomly placed around the area</p> <p>Blue players have 1 ball each          Players move ball inside coned area without hitting any cones          Blue players use inside and out side of feet to Zig - Zag between the cones</p>	<p style="text-align: center;"><b><u>Coach to improve</u></b></p> <p>Fast feet          Ready to change direction          Recognition of Space</p>
	<p>Area as above 20x15</p> <p>Introduce 2 players without a ball (D)          D Players attempt to steal the ball away from the blue players in the area          When the Defending players win the ball they switch roles with the Blue players</p>	<p style="text-align: center;"><b><u>Awareness of pressure</u></b></p> <p>Early selection of controlling surface          Early decision of when to dribble the ball or when to shield the ball</p>
	<p>Area 25x15 3v 3 or 4v4 with rotating GK</p> <p>When goalkeeper makes a save they bring the ball out and switch with an outfielder          Dribble ins when ball is out of play          Alternatives          Play with 2 balls          Score 3 for dribbling through goals and one for passing through</p>	<p style="text-align: center;"><b><u>Team Shape</u></b></p> <p>Recognition of when to dribble or pass          Be decisive          Awareness of space</p>