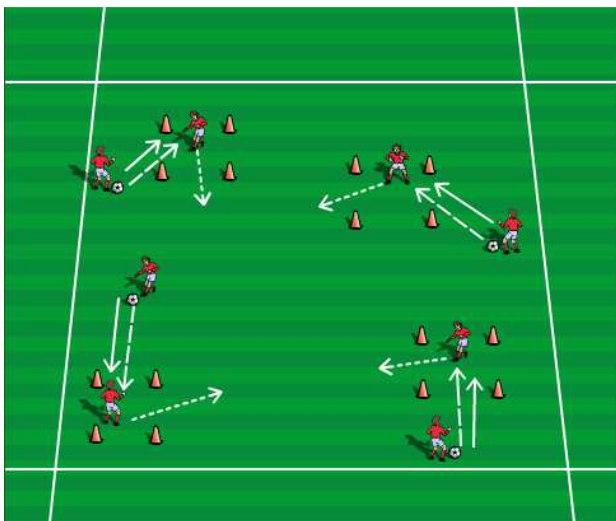




Curriculum – Camp

Activity # - 2707

Topic:	Control	Age:	All Ages
Section:	Main Theme	Ability	All Levels
Learning Outcome(s):	Improve players awareness and first touch		



Organization:

1. 30 x 30 yard area set up as shown
2. 5 x 5 yard squares set up throughout area
3. Half of players in squares
4. Half of the players in area with a ball

Description:

1. The players with ball at their feet dribble and look for an open player inside a square
2. The player passes ball into square and the receiving player takes the ball into main area exiting out of a different side than where the ball entered
3. The passing player then replaces the receiving player inside that square
4. The player on the ball must then look for a new square to pass into
5. Play for set period of time

Coaching Points:

1. Head up to observe open receiver
2. Communication between players
3. Push pass inside square
4. Open body up to receive on back foot
5. Play ball out of square with 1 touch
6. Head up to observe next action

Progression:

1. P - Receivers can only use 1 touch to move ball out of square
2. P – Add a roaming defender to prevent passes been made to open players
3. R – Players can exit the square using any four sides
4. R – Have the receiving player first stop the ball inside the square before exiting