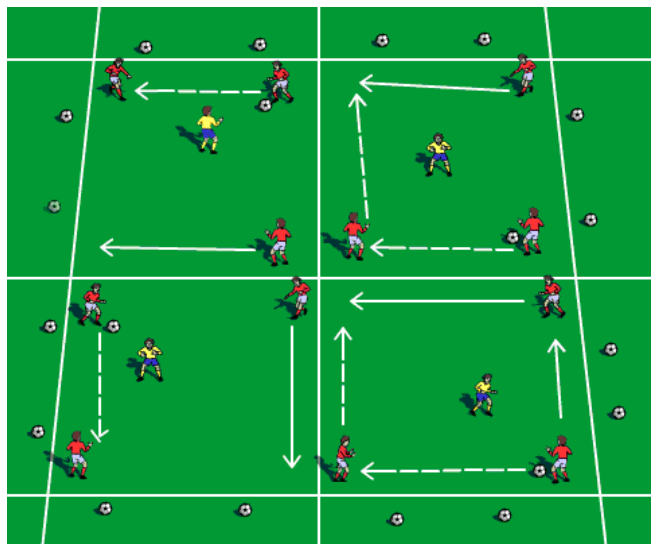




Curriculum – Technical / Skill

Activity # - 731

Topic:	Control	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Learning to control the ball under pressure		



Organization:

1. 15 x 15 yard area (Overall 30 x 30) set up as shown
2. 16 players (3 Attackers, 1 Defender in each box) set up as shown
3. 1 ball per box (Additional around the outside)

Instructions:

1. In each box play a 3 v 1 game
2. 3 attackers are trying to keep possession away from the lone defender
3. Play to a time limit 1 - 2 minutes then rotate players

Coaching Points:

1. Get in line with the ball
2. Receive with the farthest foot from the ball
3. Slight hop on standing foot on contact to prepare for next action
4. Receive with the toe pointed up, ankle locked

Progression/Regression:

1. P – Limit the touches the three attackers have on the ball
2. P – Join two boxes and now play 6 vs. 2 if defending team wins ball they switch out with players who lost possession
3. R – Reduce the field size when playing 6 vs. 2 because there are less defenders, if you decide to play 6 vs. 3, 6 vs. 4, 6 vs. 5, increase field size