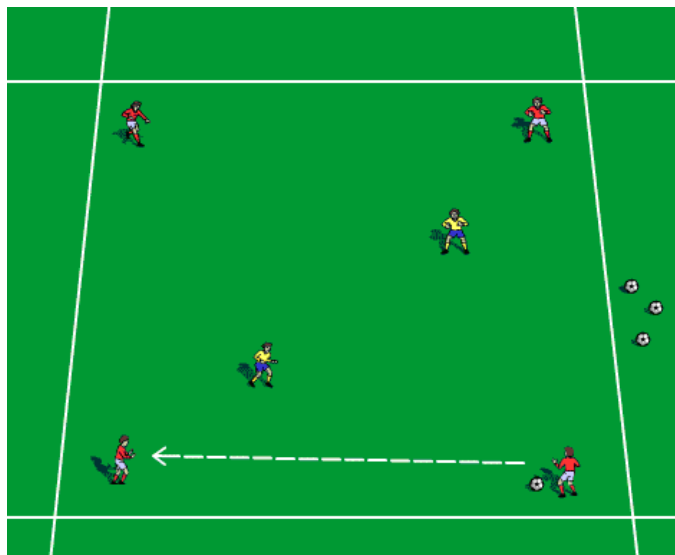




Curriculum – Technical / Skill

Activity # - 732

Topic:	Control	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Learning to control the ball from various angles and height		



Organization:

1. 20 x 20 yard area set up as shown
2. 6 players (4 Attackers, 2 Defenders) set up as shown
3. 1 ball (Additional around the outside)

Instructions:

1. In each box play a 4 v 2 game
2. 4 attackers are trying to keep possession away from the two defenders
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 nearest foot to the ball
3. Toe down, ankle locked
4. Arms out for balance and to feel for defenders
5. Next action to turn, or protect the ball

Progression/Regression:

1. P – Limit the touches the four attackers have on the ball
2. P – Join two boxes and now play 8 v 4 for time limit of 2 – 3 minutes
3. R – Increase the size on the box