

Practice Plan

Ball Handling 2 / Thursday - Jul/19/2007

Activity / Drill	Duration	Start	End	Coach
Team Building Drill - Player Introduction	3 min	6:30 pm	6:33 pm	
Passing Drill - Instruction Push Pass Inside Foot	1 min	6:33 pm	6:34 pm	
Passing Drill - Instruction Receiving Pass Inside Foot	1 min	6:34 pm	6:35 pm	
Passing Drill - Passing 2 Lines of Pairs	5 min	6:35 pm	6:40 pm	
Passing Drill - Dribble, Give and Go 1	10 min	6:40 pm	6:50 pm	
Passing Drill - Circle Passing (2)	8 min	6:50 pm	6:58 pm	
Break	2 min	6:58 pm	7:00 pm	
Dribbling Drill - Move - Inside roll	1 min	7:00 pm	7:01 pm	
Dribbling Drill - Move - Outside roll	0 min	7:01 pm	7:01 pm	
Dribbling Drill - Move - Pull-back	0 min	7:01 pm	7:01 pm	
Dribbling Drill - Circle & Outside-Of-Foot Push	3 min	7:01 pm	7:04 pm	
Dribbling Drill - Move - Step-over	5 min	7:04 pm	7:09 pm	
Dribbling Drill - Dribble Across A Square	5 min	7:09 pm	7:14 pm	
Dribbling Drill - Inside/Outside Figure 8 Dribbling Race	5 min	7:14 pm	7:19 pm	
Dribbling Drill - Dribble and Return	5 min	7:19 pm	7:24 pm	
Break	2 min	7:24 pm	7:26 pm	
Throwing Drill - Coach Assisted Throw In	5 min	7:26 pm	7:31 pm	
Throwing Drill - Down the Line Throw In (1)	3 min	7:31 pm	7:34 pm	
Throwing Drill - Down the Line Throw In (2)	5 min	7:34 pm	7:39 pm	
Break	1 min	7:39 pm	7:40 pm	
Dribbling Drill - Red Light, Green Light	10 min	7:40 pm	7:50 pm	
Dribbling Drill - British Bulldog	10 min	7:50 pm	8:00 pm	

Notes

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- Drill** Player Introduction
Equipment single ball
Formation All players form a circle shoulder to shoulder.

Description

The ball is handed to one player who then announces his/her name. The ball is then passed to the right. After a few cycles of this, the player handing the ball announces the recipients name. After a few cycles of this, the ball is passed to another player anywhere in the circle at which point the recipient announces their name. This is followed by the passer announcing the recipient's name.

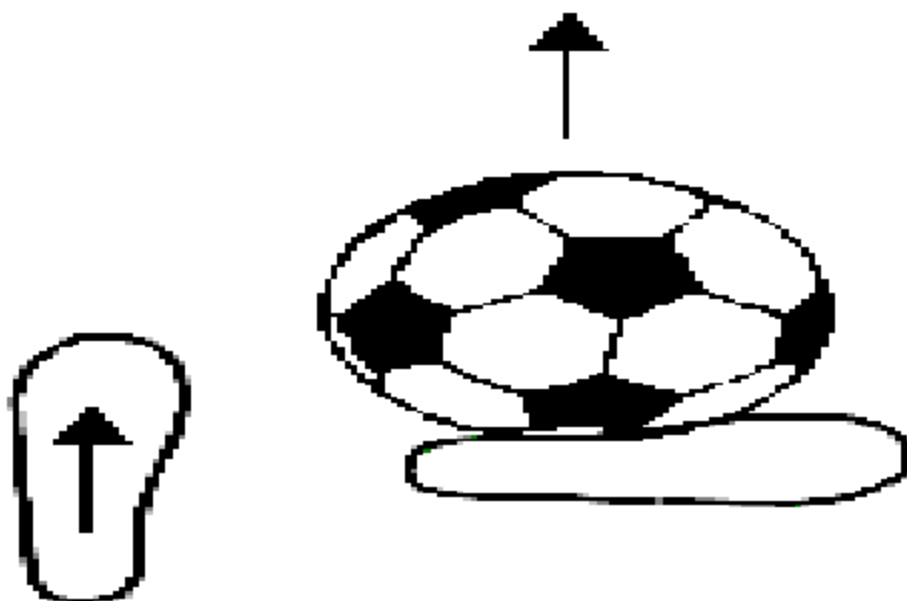
Drill Instruction Push Pass Inside Foot

Equipment

Formation

Description

1. Have the player face the target & "square up" so he, ball & the target are in a straight line.
2. Place the "plant" foot about 4" from the side of the ball, pointing toward the target. (The direction the plant foot points is important because that is the direction the hips will face; try it). The plant foot can be toward the middle or back of the ball, whichever the player prefers.
3. Head over ball, looking down; both knees slightly bent.
4. Teach the proper motion by first having the player place his striking foot flat against the back of the ball (about 5" above the ground) and pushing the ball toward the target and following through toward the target. (A push & follow-through; not a jab. Think of a tennis serve. However, jabbing a 1-touch pass is okay).
5. Be sure he contacts the ball with his toes pulled up (i.e., with the foot parallel to the ground) & the ankle locked. Make contact with the arch, below the anklebone & follow through toward the target so the ball has top spin.
6. Then, have him do the same, except start one step back from the ball, so the player, the ball & the target are in a straight line. This step provides power to the pass. If the pass goes into the air it means it was struck too low



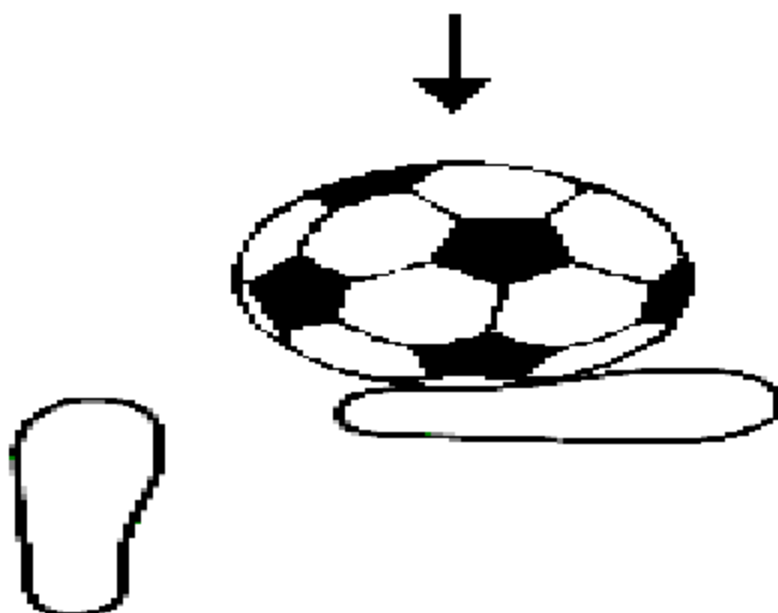
Drill Instruction Receiving Pass Inside Foot

Equipment

Formation

Description

1. Receive the ball even with the toes of the plant foot (or a little in front).
2. Stiffen or relax the receiving foot so the ball stops about one step away (so you can quickly take one step & strike it; it is this step that gives power to the pass).
3. Be sure the receiving foot is 4" - 5" off the ground (if too low the ball will pop up) & contact the ball on the back part of foot (under the anklebone), not near the toes. Pull the toes up so the foot is parallel with the ground (not pointing downward). (If a player can't remember to raise his foot, have him practice by raising his foot higher than the ball & then bringing the foot down in front of the ball to stop it. This will help him to remember).
4. If you want the ball to go to the left or right (instead of straight in front) you must angle your foot & contact the ball more in front or behind, depending on whether you want it to go left or right.



Drill Passing 2 Lines of Pairs

Equipment one line of players have a ball (1 ball per pair)

Formation 2 parallel lines of players. Separate each line by about 5 to 10 yards.

Description

1. Have players use a push pass to pass the ball to their partner
 2. Have the partner receive the pass using their plant foot then return the pass to their partner
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Drill Dribble, Give and Go 1

Equipment One ball

Formation Position one player (passer) halfway between the end line and the edge of the penalty box. Divide the remaining players into two lines, one on the end line and the other on the edge of the penalty box. (The two lines of players and passer should not be in a straight line, but should form a

Description

Have the first player in one of the lines start to dribble toward the other line, pass the ball to the passer and continue toward the other line.

Have the passer one-time pass back to the serving player who continues to dribble to the opposite line. Have the first player in the second line repeat the drill. Focus on accurate passes and on controlling the ball.

- Drill** Circle Passing (2)
Equipment One to three balls
Formation Position players evenly around the center circle.

Description

1. Player with the Ball calls out a receiver by Name.
2. Player with the Ball pass the ball across the center circle to the named player, then run to the receiving player's position.
3. The player receiving the ball then calls out a receiver and passes the ball to that player and runs to that player's position.
4. Receiving players should have enough time to pass the ball to another position before the oncoming player arrives at their position. To increase the intensity of the drill add 1 or 2 more balls to the drill.

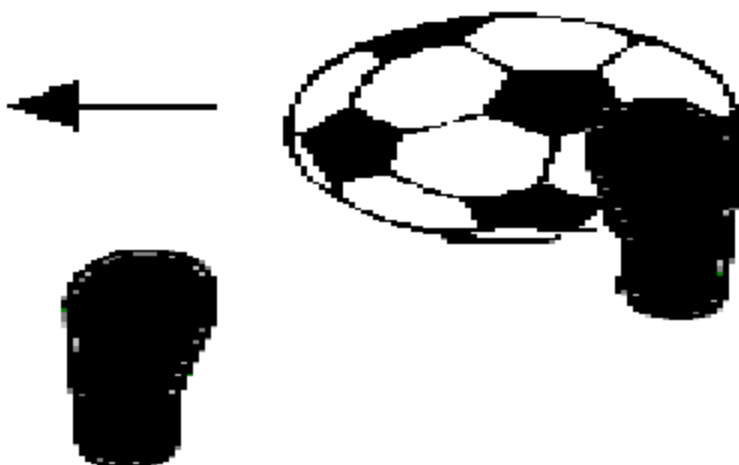
No illustration for this drill

Drill Move - Inside roll
Equipment Ball per player
Formation

Description

Inside roll

Roll the ball to the inside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the outside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.



Drill Move - Outside roll
Equipment Ball Per Player
Formation

Description

Outside roll

Roll the ball towards the outside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the inside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.



Practice Drills

Dribbling

Drill Move - Pull-back
Equipment Ball per player
Formation

Description

Pull-back (Defender to left or North West)
Place sole of right foot on ball. Pull/roll the ball behind you (South to South East)



Practice Drills

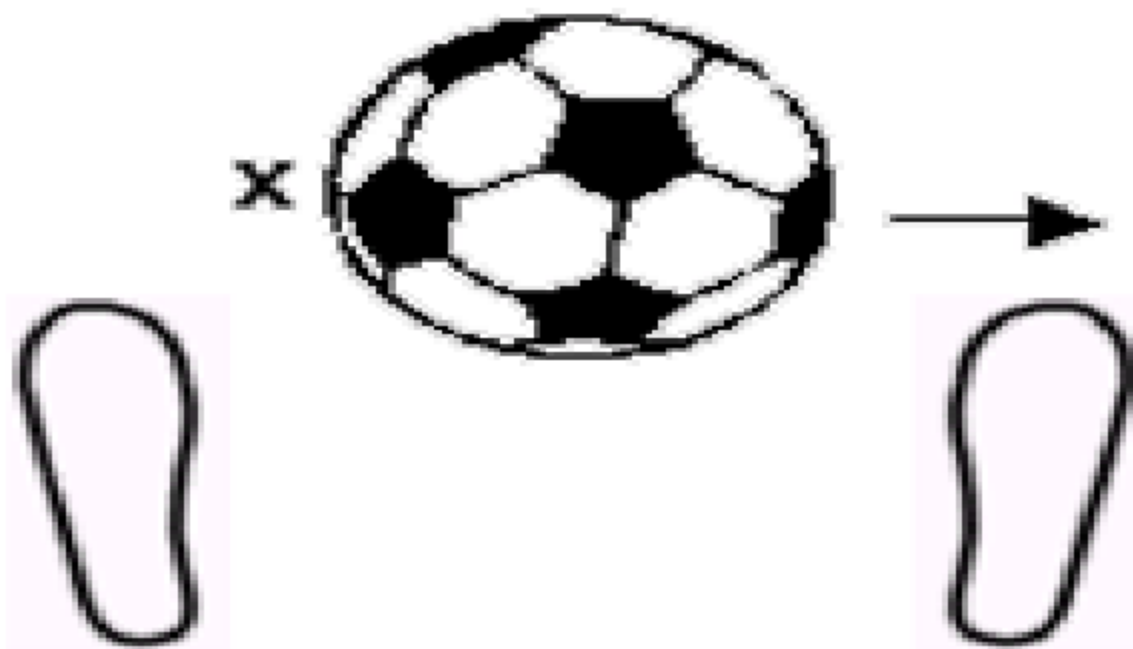
Dribbling

Drill Circle & Outside-Of-Foot Push
Equipment 1 ball per player
Formation none

Description

1. Each player stands behind a ball with feet apart like below
2. Move the right foot forward & then around the front of the ball so the outside of the right foot is touching the ball where the x is. Then push the ball softly to the right (so it goes only 2 or 3 feet), turn to the right so the ball is again at your feet & do it again.
3. Do 10 "circle & pushes" using the right foot & then 10 using the left foot. The first player to do 10 wins.

Teaches: Footwork & use of outside-of-foot to control the ball



Practice Drills

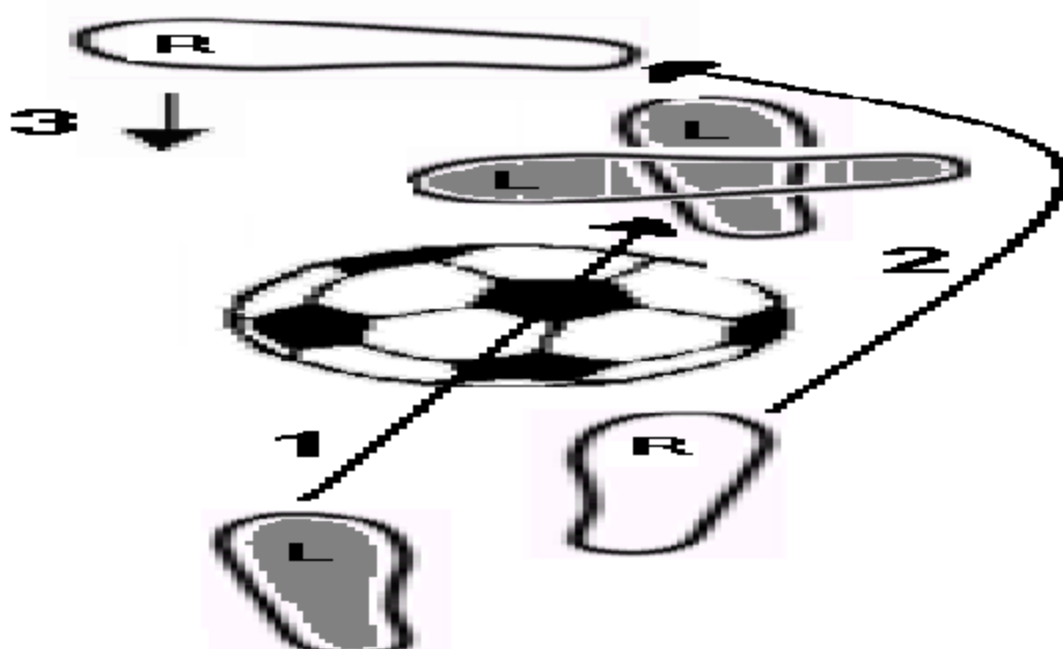
Dribbling

Drill Move - Step-over
Equipment Ball per Player
Formation

Description

Step-over (Defender to North East)

1. Place right foot slightly behind the ball. Swing left foot in front of ball, putting weight on left foot as it comes to rest in front of right foot. Swing right foot around the left foot and the ball as far as you can comfortably reach towards the left side (West), so that you swivel around to the left and end up facing South to South West.

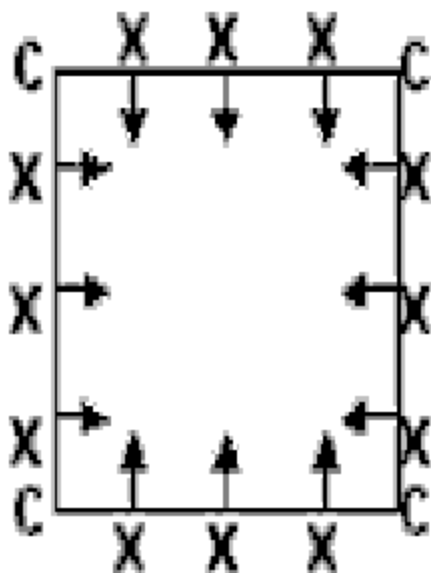


Practice Drills

- Drill** Dribble Across A Square
Equipment cones. Each player has a ball
Formation Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age & number of players)

Description

1. Spread players around the square, all facing inward
2. All players start on "Go" & each player dribbles across the square & back. (Tell them to dribble to the imaginary line on the opposite side of the square, make a turn & dribble back to where they started. Point out at the first of the game that the cones create an imaginary "Starting Line" and "Turning Line" for each player).
3. " Must do a "Pullback", a "Stop/Turn", a "Cutback" or a "Hook Turn" to turn. (Do a Pullback, aka a "Drag Back", by putting the bottom of the foot on top of ball to stop it & pull it back in the direction you came from. Do a Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back. A Cutback uses the inside of the foot to hook the ball). See photos of a Pullback (called a "Drag Back"), Hook, Cutback & Stop/Turn at www.fa-soccerstar.com (click "Turning" on the left side and then "How To Master" on the right side above the photo).
4. Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions).
5. Each player keeps count of his or her trips across the square. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score after each game.
6. Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with. For advanced or select players, require a Pullback one game, then a Hook, then a Cutback. Let a "Stop/Turn" count for a Pullback.
7. After your team has played this game in a few practices, make the square larger so it is less crowded. This will let players speed up when they get in open space. Tell them that they can go faster if they kick the ball in front of them, but they MUST still keep control of the ball. If they kick it too far, they won't be able to make their turn. In most games, a player will lose the game if he or she loses control of the ball even once. The game is self-teaching, but it is helpful for the coach to be encouraging and to point out how players can improve their performance.



PLAYERS DRIBBLE
ACROSS SQUARE
& BACK
X = Players C = Cones

Practice Drills

Drill Inside/Outside Figure 8 Dribbling Race

Equipment 2 disk cones per player

Formation Use disk cones to make 2 rows (like shown below), putting the cones opposite each other 3 or 4 steps apart (depending on age) and place the cones in each row also 3 or 4 steps apart so players will have enough room to turn around the cones without running into each other. Players will all start

Description

1. Each player has a ball.
2. The players all start by standing behind a cone in the same row (as shown in the diagram above).
3. Players must only use one foot to dribble the ball. Show them how they can use the inside and outside of their foot to control the ball and make turns.
4. Show them how they can use a "Hook Turn" to turn around the cone. Demonstrate how to dribble around the cones in a Figure 8 pattern (so they turn around one cone using the outside of the foot and around the other cone using the inside of the same foot). Allow players to use the bottom of their foot to help control the ball if they need to.

Let the players all practice for a minute while you watch to be sure they understand what to do.

Tell them to use their preferred foot to dribble in the first game. This is so they are all competing using their strongest foot in the first game and their weaker foot in the second game. (Otherwise, it won't be as competitive).

5. On "Go" the players dribble in a "Figure 8" pattern around the other cone and back, until they have done it 5 times. Each time across and back is one trip. Tell players to yell "Done" when they have made 5 trips across and back. The first to make 5 trips across and back is the winner.

Then, play another game requiring each player to use the opposite foot.

Play 4 games (2 with each foot).

X X X X X X

c 3 c 3 c 3 c 3 c 3 c

3 to 4

c 3 c 3 c 3 c 3 c 3 c

x=players

c=disk cones

3 to 4=steps between cones

3 to 4=steps between rows

Practice Drills

Dribbling

Drill Dribble and Return

Equipment Two balls

Formation Divide players into 2 lines positioned approximately 15 yards apart and facing one another.

Description

Have the first players in each line dribble a ball toward each other. Upon meeting in the middle the players dribble around each other and return to their lines where the next players continue the drill.

Focus on players using their outside foot when dribbling around their partner in order to shield the ball.

No illustration for this drill

Drill Coach Assisted Throw In

Equipment Several balls

Formation Line up players on the touch line. Have a coach position the first player's feet in the correct throw in position (i.e., one foot behind the other).

Description

1. COACHES: THROW-INS WITHOUT A BALL. A good way to practice throw-ins is to line your team up in a row shoulder-to-shoulder and have them practice their form without a ball (i.e., pretend they have a ball). On "go" have them all pretend to make a throw-in while you watch. Comment and have them do it again. Be sure they drag the toe of their rear foot so hard they hear it, that their hands go behind their head & that they are upright & follow through with both arms. Do this 5 consecutive times. If you do this, your team will have few bad throw-ins.

2. Start by holding the ball out in front of your face with your arms fully extended. Put your hands on each side of the ball with your fingers apart and pointing straight ahead. (Your thumbs should be pointing toward the top of the ball and several inches apart.) Now, take the ball behind your head so the ball touches the back of your neck. When the ball is touching the back of your neck, your elbows should be pointing out to the sides, not straight ahead, and your fingers should be pointing backward. (Having your elbows point out to the side allows you to use your chest muscles when you throw the ball, as well as your arms and shoulders. You can throw the ball farther because you are using more muscles.) You can bend your back a little for more power.

3. Be sure the player drags the toes of rear foot so hard he can hear it (this requires knees to be bent).

4. Now take a step forward and throw the ball. Keep your eyes on your target and stay upright (don't bend forward). Be sure to snap your wrists and follow through toward the target. (A full wrist snap adds more power.) Also, be sure to drag the toe of your rear foot so hard you can hear it and you'll never be called for having a foot off the ground.

5. Watch as the player attempts a short throw in. Continue down the line so that each player has one or more throw ins. Focus on keeping both feet down and on a single throwing motion.

Basic Teaching Points:

Teach throw-ins without a ball (i.e., use an imaginary ball).

Be sure the player drags the toes of rear foot so hard he can hear it (this requires knees to be bent).

When the ball goes behind the head, elbows should be pointing out to the side (for power).

Remain upright, follow through, snap wrists.

Teach players to throw over opponent's heads (they're less likely to raise a foot when they throw over their opponents than if they throw toward the ground).

No illustration for this drill

Drill Down the Line Throw In (1)

Equipment Several balls

Formation Line up players approximately 10 yards from the touch line in the field of play.

Description

Have a coach roll a ball a few yards beyond the touch line which the first player chases down.

Have the player quickly throw the ball back in, using the proper throw in technique. Focus on having players throw the ball down the sideline to advance the ball.

No illustration for this drill

Drill Down the Line Throw In (2)

Equipment Several balls

Formation Organize players into two lines approximately 10 yards from the touch line in the field of play.

Description

Have a coach roll a ball a few yards beyond the touch line. The first player in the first line chases down the ball and throws the ball back in to the first player in the second line who is running down the line to receive the throw in.

Focus on players looking down the line to advance the ball.



No illustration for this drill

Drill Red Light, Green Light

Equipment

Formation Several players, each with a ball. One player has no ball and is called the "Light" . Playing zone is about 20 - 30 yards long. Players line up on the sideline.

Description

Players start a line opposite the light. The player who is the light faces away from the group and calls out "green light". Players begin to dribble towards the light. When the light turns around and calls out "red light", players must freeze their bodies and the ball.

If the light catches players still moving, or dribbling, he send them back tot he starting line. The first player to cross the line where the light is standing is the winner and becomes the new light.

This drill promotes quick reactions and dynamic balance..


No illustration for this drill

- Drill** British Bulldog
- Equipment** Ball for each player, minus one
- Formation** Mark off a square with the cones (e.g., 20 yards by 20 yards). Line up all players except one on one side of the square, each with a ball. Position the last player in the grid as a defender.

Description

At the coach's signal the players attempt to dribble across the square while the defender attempts to kick one of more balls out of the square.

Any player who has their ball kicked out of the square becomes another defender. Continue until on 2 or 3 players are remaining with balls.



No illustration for this drill