



UHL Session 2 U11-12

Category: Technical: Ball Control
Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up/ Phys Lit (10 mins)

Organization:

Players spread out inside the 3v3 Field
Players get in to pairs and number themselves 1 and 2
1 pinnie and 1 ball between the pair

Activity

- Player 1 has the ball
- Player 2 has the pinnie
- Player 1 dribbles around the area, Player 2 attempts to tag player 1.
- If Player 2 tags player 1 they drop the pinnie and take the ball
- Player 1 will then pick up the pinnie and attempt to catch and tag Player 2
- This sequence continues until the coach shouts stop.
- Whoever has the pinnie on the coaches call has to do 5 jumping jacks

Coaches Emphasis

- Dribble with head up to see where defender is coming from.
- Manipulate the ball depending on the space
- Changes of speed and Direction to be encouraged



Initial Game (15 mins)

Organization

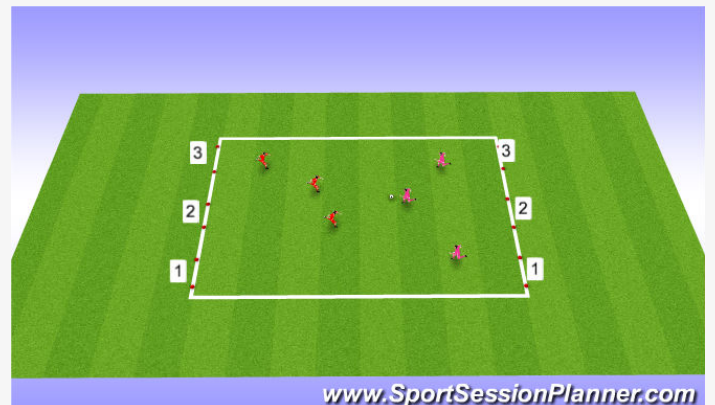
- 25 - 40 Field
- 3v3 on the Field

Activity

- 3v3 small sided game
- The team in possession attempts to dribble through one of the 3 gates at the opposition teams goal line.

Coaches Emphasis

- Positive First Touch
- Encourage players to be creative in 1v1 situations
- Changes of speed and direction
- Decision making of when to pass and when to dribble



Ball Mastery (15 mins)

Organization:

10 players are placed on the outside of a 20x20yds area as shown. Each player has a soccer ball

Activity

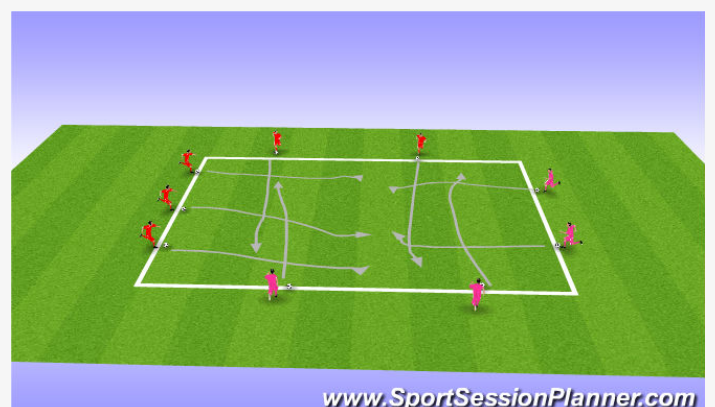
Players start by dribbling across the area all at the same time, showing correct dribbling technique (outside/laces of foot). Once the player gets to the opposite line they perform a turn (drag back, inside cut, outside cut) and dribble back to their starting position.

Progression:

Players work on dribbling across to opposite line & back performing designated ball manipulation moves as noted below, Players rotate to different lines to work on different moves after a set time.

Variations:

- Line 1: Inside/Outside Cuts
- Line 2: Ball Boxing (Inside touches)
- Line 3: Sole Rolls
- Line 4: Be Creative (any moves)



Progression:

Once the players have become comfortable with what you are asking them make it a competition to see who can get the most Ball Mastery touches of the soccer ball as they perform the techniques.

Coaches Emphasis

See the ball/See the player
Change of speed/direction
Keep head up
Use all parts of both feet

SSG (20 mins)**Organization**

- 7v7/5v5 game (Space dependant)

Activity

- The players play 7v7/5v5 with the encouragement to be positive and attack 1v1 where possible
- The coaches role is to allow the players to play and

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Attack with speed

