

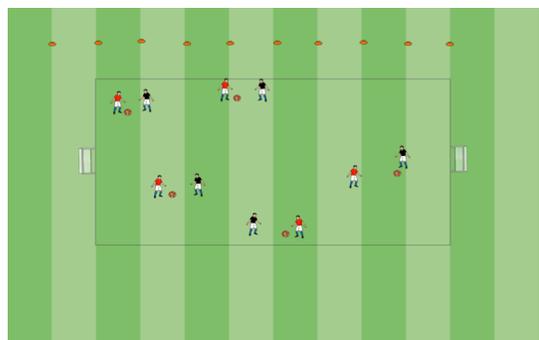
Coach: Stephen Bird

Staying on the ball

What ways can you stay on the ball?



A Lifetime of Soccer



Warm-Up

Work: 10 Mins

Two groups, one group has a ball and the other group doesn't have a ball. When the coach shouts, "go" players with the ball are trying to keep it away from the players who don't have a ball. When the coach shouts, "freeze" players must stop moving. Whichever player has a ball wins the round.

Play two or three rounds.

Organization: Area 30 x 35.



Technical

Work: 12-15 Mins

Place small gates around the area. You can pair players up or have two teams. Players with the ball are attempting to dribble through the gates for a point. Play a two/three minute round and then switch. Players with the most point at the end wins.

Introduce different point systems for different gates.  
Introduce groups of 3 so you can play 2v1.

Organization: Gates spread out around the area. Different sizes.



Scrimmage

Work: 12-15 Mins

Play a normal scrimmage until someone has scored. The team (Red Team) that just scored will need a ball each. Players on the other team (Black Team) will pair up with one of the players on the team who just scored. In order for the goal to count, each player (on the Red Team) will need to keep his or her ball away from the defender they're paired up. If one player from the Black team has the ball at the end (when coach shouts, "freeze") the goal does not count.  
Repeat after each goal.  
The team that just conceded can start with the ball instead so it's harder for the team that just scored.

Organization: Same area as before.

Key Coaching Points:

- 1) What ways can you stay on the ball? – Run away, shield, or beat your defender.
- 2) Can you find the space when you're dribbling?
- 3) What foot are you using when you're shielding the ball? Furthest one away.