



Ball Manipulation - Stationary - 1 Cone Each

Category: Technical: Ball Control
Difficulty: Beginner

Tom Mitch, Harrisonburg, United States of America
Individual-Adult Member

Description

Screen 1

Setup: Defined space appropriate to the age/level and size of group. Each player needs to have 4-5m of space b/t them and the other players.

Activity: 1 cone per player. 1 ball per player. Lead coach in center also with cone and ball. All ball manipulations are done facing the cone. Players should maintain the ball at a distance of approximately 1m from his/her cone. The cone serves as a point of orientation for the player and maintains spacing b/t players. The cone also represents a defender (if the ball gets too close to the cone, the ball has been given away to the defender). Coach demonstrates each technique. Players work for 1 min with strong foot, then 1 min with weak foot. Coaches circulate and coach.

Lead coach stops and demonstrates as required. Look for players doing well and have them demonstrate (show them off to the group).

Progressions: All progression must be performed with equal time allotted for strong and weak side. For more progressions see Core Foot Skills & Moves doc.

Ball Taps/Foundations (Insides of Feet > Soles of Feet > 2 Inside-2 Sole > Forward-Backward > 1/4 Turns Trailing Foot > 1/4 Turns Leading Foot)

Push-Pull (Sole-Inside > Outside-Sole > Laces-Sole > 2-Touch Cruyff)

Inside-Outside (In-In-Out-Out > In-In-Out > In-Out > In R-Out L)

Sole-Outside (Sole-Sole-Out-Out > Sole-Sole-Out > Sole-Out > Sole R-Out L)

Pull Back Vs (2-Touch Inside Cut > 2-Touch Outside Cut > Pull-Back-Ole > Pull-Back-Open-Up)

