

PRACTICE PLAN

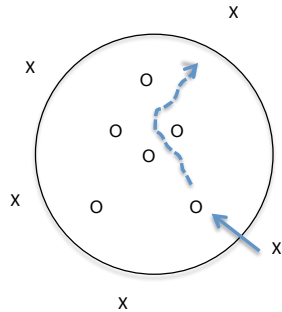
Team: VYSA Central Academy
Location: Sports Quest
Topic: Ball Control

Number of Players: 30
Date: 28-Oct-11

Organization: 1/2 Field
 -set up #: 4 v 4 areas with goals

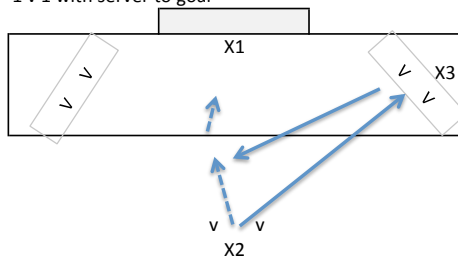
Warm-Up/Dynamic Stretch:
 * Windows Receiving in a Circle

[1/2 field]



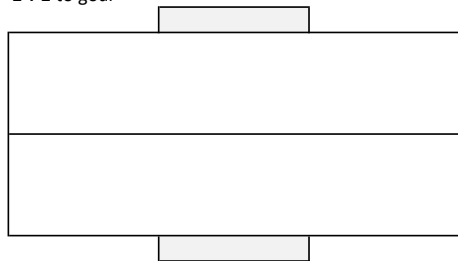
6 players in; 6 out (rotate 90 sec)
 -interchange positions on dribble
 -ball served to middle players
 -->on ground (Turn and find open player on outside)
 -->in air to foot, thigh, chest etc... (same demand)
 -partners in middle, must find other partner before ball open player
 -->on ground, in air (different body parts etc...)
 -->same as above (1 touch)

I. 1 v 1 with server to goal



4 players in a group
 -X2 passes to X13, serves ball from hands, X2 controls and finishes
 -->service varied (to foot, thigh, chest etc...)
 -->rotate X1 to X3; X3 to X2; X2 to X1 (change sides after 2min)

II. 2 v 2 to goal



Play 2 v 2
 -who ever is back is GK, distribution always from hands

III. Small sided games (4 V 4)

COACHING POINTS:

Receiving Know what is around you, choose surface, cushion away from pressure/attacking touch/possession touch
Possession Principles of Attack

Guided Discovery How do I need to position my body to penetrate vs possess? Location on field? 1st touch to teammate or to self

COACHING STAFF GOALS: Let's see some imagination with their first touch. Can we bring in disguise here as well?