



**PRACTICE PLAN**

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

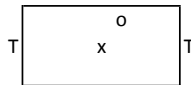
**Number of Players:** 30  
**Date:** Oct 14-11

**Organization:** 1/2 Field  
 -set up #?-8 10x10 areas  
 -split field into 1/4 or 1/8 (play 2 v2 or 4 v4--staff to decide)

**Warm-Up/Dynamic Stretch:** [1/2 field]

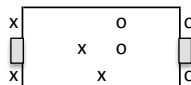
- Players --each with a ball dribbling
- \* Show different moves
- \* Play marbles (variations of game in different size areas)
- \* 1/2 with soccer balls; 1/2 without (dribbling with shadow)

**I.** 1 v 1; in a 15x10 area (Targets on outside)



X's play vs O's....use T for support  
 -->if it is too easy, add a goal to attack

**II.** 2 v 2, with support on outside (to goal)



**III.** Small sided games [see above]

**COACHING POINTS:**

- Shielding** Keep ball on front foot; use arm to "feel"; if you can--get faced up (self pass, turns to shield etc..)
- Dribbling** Dribbling details
- Principles of Attack** Shielding in possession
- Guided Discovery** How can you get faced up to go to goal? Can you use disguise?

**COACHING STAFF GOALS:**

Encourage players to be creative to go by themselves without using help