



SOAR Program II April 25

Category: Technical: Ball Control
Difficulty: Beginner

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America
Individual-Adult Member

Warm-up - dribbling through Gates (10 mins)

Set Up: 30x20 yard area with multiple different colored gates as shown. Each player has a ball at their feet. They must dribble around the grid going in and out of gates. Initially they can go through a set of gates - Time them for 45 seconds and count total of gates dribbled through.

PROGRESSIONS:

Introduce turns - drag backs through a gate

Introduce color sequence - red, blue, yellow order

Players work in pairs to pass through gates to each other - how many can they get through in one minute.

Coaching Points: Speed of dribble, head up, quality pass, quick turn



Cone Ball (10 mins)

Set Up: 30x20 yard area. Place 7-8 balls on top of soccer cones in the middle of the grid as shown.

Split group into two teams. Half of the team must dribble around the grid and pass their ball to knock the balls off the cones. The other team (without balls) must quickly put the balls back on the cones. Can the black team knock all of the balls off the cones before the white team place them back on.

Switch roles of teams after 2-3 mins

Coaching Points: Quality of pass, speed of dribble, cuts, turns, change of pace & direction.



Freeze Tag (10 mins)

Set Up: 30x20 yard area. Assign two to three taggers in yellow. All other players dribble around the grid. If they are tagged by the players in yellow they must grab their ball and hold it above their head and open their legs wide. They are frozen in place until a team mate passes their ball through their legs.

PROGRESSION: Add islands that the players can dribble onto to be safe. Only 1 player is allowed on the island so if another dribbles on they have to leave.

Coaching Points: Speed of dribble, change of direction, close control.



Relay Passing (10 mins)

Set Up: 40x30 yard area with three 10x40 yard areas defined (shaded). Create 3 teams of 4 or 5 players and place gates (goals) in the middle of the field for each group.

Players dribble to the edge of the shaded area and pass the ball through the gate to their teammate on the other side. They follow the pass and their teammate receiving the ball does the same going the other way. The winning team is the one who can get all their players back to the point they started with successful passes through the gates.

Coaching Points: Locked ankle when passing with the inside of the foot, heads up, accuracy and weight of pass



Relay Dribble (10 mins)

Same as the relay passing game, but add a small disc cone in front of the gates so the players have to dribble around them, through the gate, and around the cone before dribbling to their teammate.

Add a 2nd or 3rd cone to make it harder



Games (10 mins)

Set Up: Multiple small sided games (3v3 or 4v4). Play to goals and encourage goal celebrations and lots of fun.

Play using a restriction line at the halfway line. Defending team must drop behind it on all goal kicks.

Switch players on the teams or switch teams every 3-5 minutes.

