

Topic: Corner Kicks, Bodying the ball, 1st touch passing

Date:

Coach:

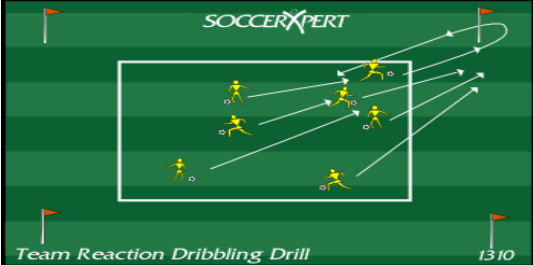

Objective: Improve 1st touch on ball and possessing the ball

Effectiveness: Excellent

Very Good

Good

Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
<p>WARM-UP (5-min) Team Reaction Dribble Drill - when the coach calls a cone #, players must quickly dribble around cone and back - change it up (call players name and team must follow player, or team must go to opposite cone the player chose</p>	<p>- Mark off area 20X20yd square or larger - 4 additional cones as dribble markers beyond the corners of the square -1 ball per player</p>	 <p>Team Reaction Dribbling Drill 1310</p>	<p>- Warm the body - speed of dribble - use all parts of the feet - change of direction</p>
<p>ACTIVITY #1 (10-min) Corner Kicks - goal is to work on lofting the corner kick into the air - goal is to have offensive players win ball and execute quick shot on goal</p>	<p>- set up goalie and 3 defenders with 4 offensive players ready to receive corner kick - divide remaining players into 2 groups and place half on one corner arc and the other opposite</p>		<p>- technique - positioning - possession and shot - rebound - defensive clear out</p>
<p>ACTIVITY #2 (10-min) Bodying the Ball - attempt to gain control of the ball by using the body to knock a high ball down</p>	<p>- pair the players up - 1 ball per pair - have 1 partner toss the ball to a teammate and the receiver must use the body to knock it down and keep it near the feet to play</p>		<p>- use the body to control and possess the ball</p>
<p>ACTIVITY #3 (10-min) 1st Touch Passing/Scoring - coach kicks ball to one side or the other for a teammate to play - 1st attacker must quickly control it and make a quick pass to 2nd attacker for a shot on goal. Rebound and stick back if needed</p>	<p>- 2 lines - all the balls on the side with the coach - on "go" 1st 2 players cone to begin play</p>	 <p>1v1 50/50 to Goal Team Competition 1307</p>	<p>- 1st touch - good pass (inside or outside of foot) - solid shot on goal - rebound</p>
<p>SCRIMMAGE (10-min) Full Scale Game (If time allows)</p>	<p>- ball per side</p>		
<p>Devotional 5 minutes</p>			