

Learning to Train

Warm up session

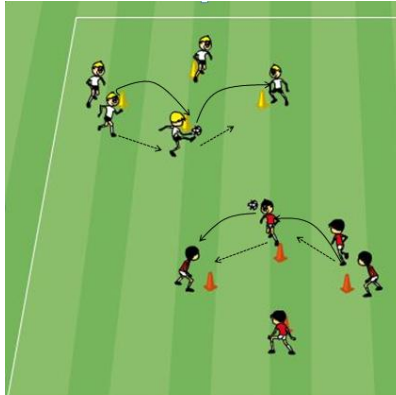
Warm up:

Ball control

15 minutes

Organization:

- Groups of five players – one ball for five
- Markers three metres apart in a diamond shape



Coaching Points:

- Be relaxed and light on the feet.
- Present playing surface to control the ball.
- Quality touches.
- Balance
- Quick feet adjustment

Description:

- Players move the ball, anti-clockwise. First player to start with a throw, receiver controls – two touches minimum and volleys/heads/other ball to the next player.
- Next player catches the ball and throws for the next player to control in sequence.
- Players follow their throw / pass.
- Game concludes when last player is back to the starting position.
- Who was the quickest?

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

