

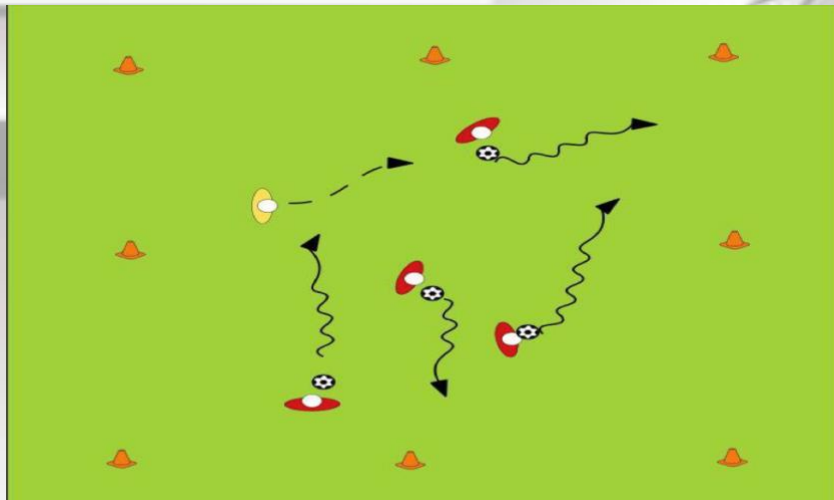


# UK International Soccer



## SESSION TOPIC: CONTROL WEEK 3

### DRILL 1: STUCK IN THE MUD



**ORGANIZATION:** SET OUT A 20 x 20 GRID. ALL THE PLAYERS HAVE A BALL. ONE PLAYER IS DESIGNATED THE TAGGER AND SHOULD STAND WAITING ON THE OUTSIDE OF THE GRID, WHILE THE GROUP OF PLAYERS POSITION THEMSELVES IN A SPACE WITHIN THE GRID. THE TAGGER MUST ATTEMPT TO THROW A PENNY AT ALL THE PLAYERS' BALLS INSIDE THE GRID WHILE MAINTAINING CONTROL OF THEIR OWN BALLS. WHEN A PLAYER IS CAUGHT THEY MUST PICK UP THEIR BALL AND SHOUT FOR HELP. THEY CAN BE FREED BY ANOTHER PLAYER IF A BALL IS PASSED BETWEEN THEIR LEGS. PUT A TIME LIMIT ON THE GAME. THE WINNING TEAM ARE THE TAGGERS WHO CAN FREEZE EVERYONE IN THE QUICKEST TIME. ROTATE THE INSIDE PLAYERS EVERY 2-3 MINUTES. COACH SHOULD BE THE TAGGER FIRST TO ENCOURAGE ENGAGEMENT BETWEEN THE COACH AND PLAYERS.

#### COACHING POINTS:

1. CLOSE CONTROL AND BALL FAMILIARITY – KEEP THE BALL CLOSE TO YOU
2. HEAD UP AS OFTEN AS POSSIBLE – KNOW WHERE THE DEFENDERS ARE
3. AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS
4. DRIBBLE AT SPEED

### DRILL 2: NUMBERS (GOALS BACK TO BACK)



**ORGANIZATION:** SET OUT A 20 x 20 GRID. SPLIT THE PLAYERS INTO TWO TEAMS AND NUMBER EACH PLAYER ON BOTH TEAMS. PLACE TWO GOALS FACING THE OUTSIDE OF THE GRID. THE COACH ROLLS A BALL INTO THE GRID AND YELLS A NUMBER, FOR EXAMPLE "1", NUMBER 1 FROM BOTH TEAMS RUNS TO THE BALL AND ATTEMPTS TO SCORE. THE PLAYERS MUST KEEP THE BALL UNDER CONTROL AND DRIBBLE AROUND EITHER GOAL TO SCORE.

#### COACHING POINTS:

- 1: DEVELOP THE USE OF CONTROLLING SURFACES (FOOT INSIDE / OUTSIDE / LACES,)
- 2: GET TO BALL AS FAST AS POSSIBLE
- 3: CHANGE DIRECTION WHEN DRIBBLING, DIFFERENT TURNS, I.E. PULL BACK, INSIDE AND OUTSIDE HOOK
- 4: READ THE SPEED AND TRAJECTORY OF SERVICE
- 5: TAKE SHOT QUICKLY WHEN IN RIGHT AREA