

Workout I | U13-U19 | Technical

a. Intro

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Topic: Controlling the ball out of the air and dribbling

Equipment used:

- 4 cones (can be replaced by shoes, water bottles etc.) will be placed on a 6 yards square grid
- 1 ball

The goal for the training is to maintain or improve controlling the ball out of the air using the feet.

b. Section 1

Dynamic warm-up:

- Knees-up/heels up across the grid followed to an easy jog around the right cone to the right side of the grid. The runs will repeat until you are back to the starting point.
- Skip across the grid followed by an easy jog around the left cone to the left side of the grid. The runs will repeat until you are back to the starting point
- Shuffle/karaoke runs across the grid followed by going to the right again
- Accelerate across the grid followed by going to the left.

c. Section 2

Activity 1

- Control the ball out of the air with the laces, alternating feet
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)
- Time yourself and see how long it takes you to go 1 time right and 1 time left
- Try to improve the time you got

Activity 2

- Control the ball out of the air with bottom of the foot, alternating feet
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)

- Time yourself and see how long it takes you to go 1 time right and 1 time left
- Try to improve the time you got

Activity 3

- Control the ball out of the air using the inside of the foot, alternating feet
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)
- Time yourself and see how long it takes you to go 1 time right and 1 time left
- Try to improve the time you got

d. Section 3

Activity 1

- Controlling the ball out of the air right when it touch the ground using the inside of the foot
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)
- Time yourself and see how long it takes you to go 1 time right and 1 time left
- Try to improve the time you got

Activity 2

- Controlling the ball out of the air right when it touch the ground using the outside of the foot
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)
- Time yourself and see how long it takes you to go 1 time right and 1 time left
- Try to improve the time you got

Activity 3

- Controlling the ball out of the air right when it touch the ground using the inside of the foot and cutting the ball behind the planting foot
- 1 time turning to the right, 1 time turning to the left (or until controlling the ball feels comfortable)
- Time yourself and see how long it takes you to go 1 time right and 1 time left

- Try to improve the time you got

e. Section 4

Game

- 8 water bottles set up inside the grid, 4 in a big square and 4 inside the big square in a diamond shape
- From outside the grid you are trying to knock down a water bottle using the ball after you completed 3 joggles (no hands allowed to pick the ball up)
- Time to see how long it takes you to collect all the bottles or how many you can collect in 10 minutes

f. Section 5

Cool down

- Rolling on the ball