



## Juniors Technical Session (SP1)

Category: Technical: Coerver/Individual Skills  
Difficulty: Beginner | Start Time: 24-Mar-2020 16:00h

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Individual-Adult Member

### Description

#### Ground Juggling (15 mins)

Equipment needed:

- 1 x Soccer ball
- 10-15 x small cones (or objects that can be used as cones)

Set Up:

- 1) Place cones out in an area which is flat.
- 2) At each cone you will look to complete a ground juggling skill. (see videos sent)
- 3) Complete 5-6 sequences of the skill on each cone, before moving to the next.
- 4) Make sure to challenge yourself by using BOTH feet and keep your head looking UP as much as possible (not looking at your feet and ball).



#### Dribbling // Agility (20 mins)

Equipment needed:

- 4 x Soccer Balls
- 8-10 x Cones (rings or ladders if available)

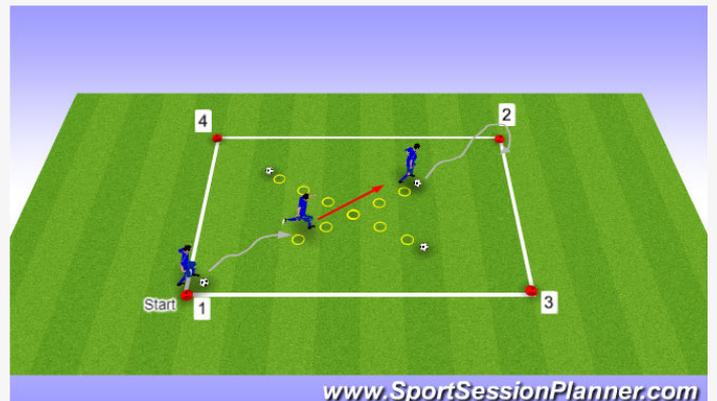
Set Up:

- 1) Dribble at speed without losing control of the ball (one touch, one step) from a outside cone (Start/#1) to the middle rings.
- 2) You will perform one of the following footwork patterns as you go through the rings
  - Two feet in each
  - Lateral (sideways) two feet in each
  - Icky Shuffle
- 3) Continue after the rings with soccer ball dribble up and around cone #2
- 4) You will leave soccer ball and go back through the rings half way, turning and completing the rings facing cone #3.
- 5) Collect soccer ball and dribble to cone #3 and around then back towards rings.
- 6) You will continue all the way through the rings to soccer ball facing cone #4, dribbling ball up and round cone, and back through rings half way, turning and finishing through rings to start cone.

Repeat pattern both clockwise and counter clockwise

Complete the same footwork patterns for full circuit, changing every other direction (cw,ccw).

Aim is to perform skills with QUALITY ,even if it means you have to do them slower! Practice will pay off!



#### 1v1 move with shot (20 mins)

Equipment Needed:

- 4 x Soccer Balls
- 4 x small goals (or cones to make goals)
- Grid size 10-15 x 10-5 yards (smaller if needed)

Set Up:

- 1) Start on one of the sidelines with a soccer ball at your feet.
- 2) Dribble to the middle and perform one of the following 1v1 moves a few yards from the center cone.
  - Scissors
  - Feint
  - Inside/outside cut
  - Maradona
- 3) Dribble around the cone and take shot on one of the goals opposite to the direction you dribbled.
- 4) Look to take shot as close to the center cone as possible.



5) Strike through the back of the soccer ball with toe pointing down, using instep.

6) Once a shot is taken, run to another soccer ball and repeat.

\*If you want an extra challenge, number the goals 1-3. Ask a family member, a friend, or a very smart pet to call out the number of the goal to take the shot in after you have completed the move around the tall orange cone.