



## West Milford - Session 1: Ball Control

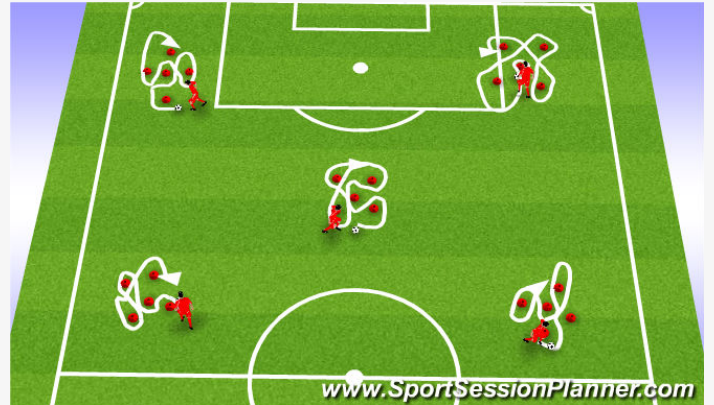
Category: Technical: Ball Control

Difficulty: Moderate

### Clusters (15 mins)

Drill focus: Creativity and control (15-20 mins high intensity)

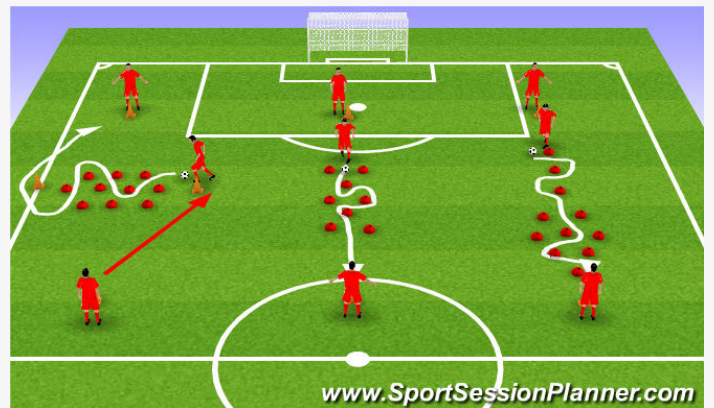
- Each player gets a cluster of 5-10 cones (depending on numbers)
- Trainer gives instructions (left foot only, right foot only, inside of feet only, bottom of feet only, toe touches) and the players work for 30-45 seconds on the skill - encourage creativity with the dribbling ie: do NOT dribble in a circle. Lots of changing pattern and direction
- When trainer yells SWITCH the players take a hard attacking touch out of their cones and find someone else's cluster where the patterns continue



### Skillwork Circuit (OPTIONAL) (15 mins)

Groups of 3-4

- Players dribble through a series of different cone obstacles again encouraging creativity.
- 3 - 5 minutes at each "Station"
- Each player has their own ball and is doing toe touches or boxes while they wait NO STANDING



### 1 v 1s (15 mins)

Groups of 4-5.

- Players pass the ball to opposite side, then follow their pass to become defender.
- Players can switch sides, but keep track of their own points
- At the end of each round the teams get together and add up each individuals points for a team score



## Small Sided Games (15 mins)

Encourage 1v1 situations

- Trainer gives extra points when he/she SEES a successful 1v1 at their discretion

