

Kickers FC - Ball Mastery

Category: Technical: Coerver/Individual Skills
Difficulty: Difficult

Am-Club: Kickers FC
Gordon Ferguson, Brooklyn Park, United States of America

Description

Brazillians (20 mins)

Warm Up (25 min)

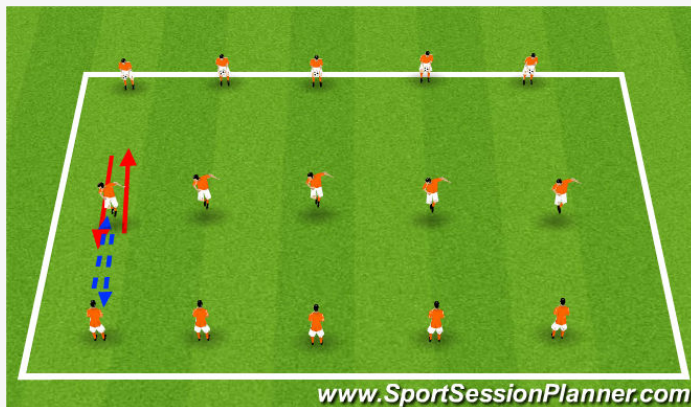
Passing one / two touch (5 min)

Add in a move (5 min)

Touch & Control (5 min)

Rotate players every 3 minutes

Coaching Points: Check to ball, Communicate, head on a swivel, toe up-heel down- Ankl locked.



Ball Work Warm Up (15 mins)

Ball Work Warm Up (25 min)

Ball Work (15 min)

Station A - Juggling Station.

Station B - Dribbling & Acceleration

Station C - 20 Touches in Box dribble round cones pass give n go of player and recieve jon back of line. 2-4 areas set up.

Switch Stations each 5 mins



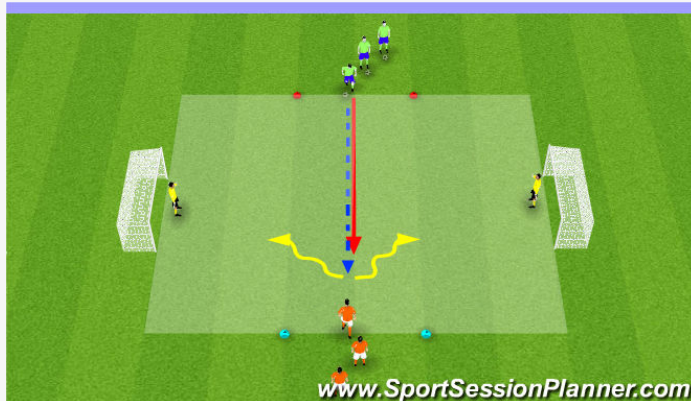
1 v 1 Loose the Defender (15 mins)

1 v 1 Loose the Defender (15 min)

SET UP: The defender passes to the attacker then runs to defend. The attacker receives the ball and attempts to score in one of the goals.

For the next attack the players step in the goals. Rotate positions each 3 min.

Coaching Points: Attack with pace, change of direction, don't just shoot-finish the ball!



Expanded Sm Sided Game (20 mins)

5v5 SSG (15 min)

Switch groups each 2 min or 2 goals.

Restrictions: 5 touches before shooting

Coaching points: Create combinations, pass, shape & movement off the ball + Keep Possession

