

HVFC Rec Soccer

**CoEd – Focus: Ball Mastery, First Touch, Change of Direction Review**

Week 2

*(Set-Up: 20x20 grid for #1 / 4 yard triangles (1 triangle per 3 players) for #2)*

**1. Ball Mastery (15 Mins)**

- a. Set up 20x20 grid, half of the players on one endline, other half on other. All with ball.
- b. Players touch the ball between their feet, back and forth, under control, no body movement forward or back.
- c. Still continuing movement, on coaches command, players move forward 5 yards with ball, touches back and forth the whole time
- d. Still with touches, players move back to start on command
- e. Still with touches, players turn their body a ¼ turn on coach command until they've completed a circle.
- f. Reverse direction.
- g. Touches again. On coach command, they tap the top of the ball 5 times with the soles of their feet, alternating feet, then right back to touches
- h. Stretch
- i. All players on one side will now work across to other side using the following:
  - Inside/Outside, right foot only (every time they take a step they also take a touch – not a race)
  - Once they get to the other side, the next group goes
  - Other foot
  - Inside/Inside/Outside, right foot only
  - Other foot
  - Inside/Outside/Outside, right foot only
  - Other foot
  - Inside/Inside/Outside/Outside, right foot only
  - Other foot

**2. First Touch Triangles**

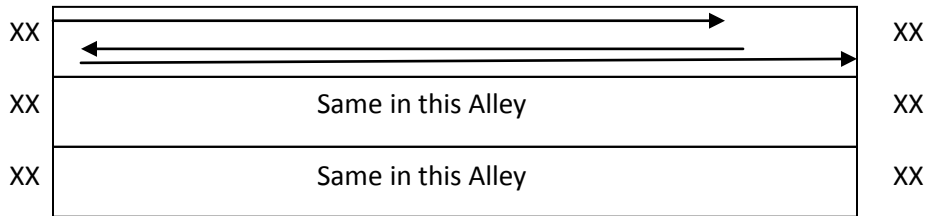
- a. Set up 4 yd triangles, one for every three players. 3 players per triangle
- b. X is Worker, Y's are Servers
- c. Y1 plays ball on ground with feet to X. X returns using 2 touches and pivots to Y2.
- d. Y2 repeats same as Y1. X returns ball and pivots. Rotate after 1 minute.
- e. Ball is now in Server's hands. Server uses underhand toss for serve and X returns using the following:
  - Inside of foot volley to server hands. Both sides. 1 minute.
  - Headers
  - Thigh trap and volley back
  - Chest trap and volley back

***BREAK (5 Mins)***

(Set-Up: As many 5x15 yd alleys as you need for #3 (1 alley per 4 players) / As many 1v1 grids as you need for #4 (see diagram below)

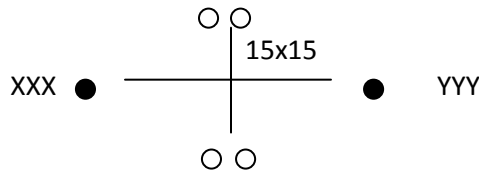
**3. Changes of Direction Alleys (20 mins)**

- a. Set up a series of 5x15 lanes
- b. 2 players on each end, 1 ball
- c. Player X pushes ball out towards end of grid, once players catches up to it, execute the following:
  - Inside of foot turn (players turns ball with inside of foot back towards start), then pushes it again to where they started and executes another inside turn, then passes it to opposite end for the next player to do the same (2 turns and then a pass, player follows ball to other line)
  - Outside of foot turn
  - Pullback (use sole of foot to pull ball back behind you, turn and go)
  - Cryuff turn (players uses inside of foot to push ball back between legs)



**4. 1v1 to 2 Goals (20 Mins)**

- a. X passes ball to Y and moves out to defend
- b. Using only the turns worked on, Y tries to score in either goal by DRIBBLING over line
- c. If X wins ball back then X attacks and Y defends
- d. DO NOT TAKE EASY OPEN GOAL, TRY TO BEAT YOUR OPPONENT NUMEROUS TIMES



**BREAK (5 mins)**

(Set-Up: Reduced size field, 2 small goals for #5)

**5. Small Sided Game (10 mins)**

- a. Divide team in half and play a game (No goalkeepers, last one back may use hands)
- b. Assign each player to mark a player from the other team. They MAY NOT mark anybody but those assigned to them
- c. You've created a whole field of 1v1's
- d. ENCOURAGE use of the turns