

# Practice Fest



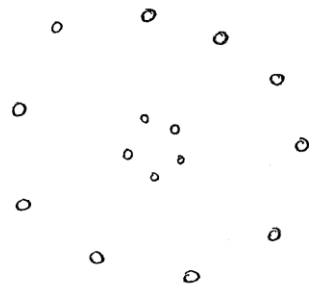
Saturday July 30, 2011

## Practice Fest Outline

### Warm-up:

- Circle Drill:

#### Circle Drill



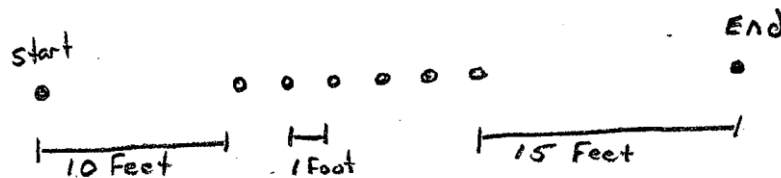
- Players on outside of circle have a ball.
- Divide team in 1/2
- Players coming through middle need to explode through center circle.

#### Skills:

- 1 touch pass back
- Traps:
  - Thigh
  - Chest
- Heading
- Volley - Inside foot + Laces

- Line Drill:

#### Line Drill:



- Players sprint through the cones and perform agility style activities.
  - Hop over cones
  - Shuffle forward and backward between cones
  - Weave through the cones
  - Dribble with the ball through the cones (right foot only/left foot only/any foot).
- When the players leave the 6 cones they need to explode, at game speed, to the end cone.
- End Cone Skills:
  - Player standing at the end cone with a ball:
    - 1 touch passing to the oncoming player
    - Traps:
      - Thigh trap
      - Chest trap
    - Heading
    - Volley – inside foot and laces
  - Without a player at the end cone:

- Dribble through cones, explode to the end cone with the ball and provide a solid pass back to waiting player.

### Touch Stations:

- Estimated time – 5 to 8 min's for entire group.
- Every player has a ball, as does the coach, to perform touches.
- Make a nice size grid based on number of players but keep it small
- Touches:
  - **Toe Taps** – “Happy Feet” then placing bottom of right and left foot on top of ball.
  - **Ankle knocks** – Place ball between feet. Player knocks the ball between ankles keeping control without the ball bouncing away
  - **Pull Back Inside** – Player knocks the ball, using inside of foot, 1 foot in front and using the opposite foot pulls the ball back. Then hits to ball, using inside of foot, 1 foot in front and using opposite foot pulls the ball back.
  - **Inside/Outside** – Right foot only ... Player taps the ball with inside of foot, step, outside of foot (outside laces), step, inside foot, step outside.
  - **Roll Overs** – Players just need to roll the ball across their body from right to left. This can be combined with the inside/outside touches
- Video –
  - Ball Mastery – [Click Here](#)
  - Dribbling for Control – [Click Here](#)
  - Coever Step 1 – Ball Mastery – [Click Here](#)

### Skills Training:

- Parallel Drill Challenge:
  - Setup:
    - Take 2 cones and spread them 10 feet apart.
    - 2 players with 2 balls on each side of the starting cone.
  - 1<sup>st</sup> option:
    - Players dribble with pace to the second cone and back equals 1. First player to 10 wins.
    - Using different distances run the drill again. Maybe 15 feet, 5 feet, 20 feet. Basically, have fun with the challenges.
  - 2<sup>nd</sup> option:
    - Challenge based on time. How many can you do in 30 seconds?
    - 2<sup>nd</sup> attempt – can you beat your last score?
  - 3rd option – Change of Direction

- Practice additional skills using the same station.
- Dribble to the end and perform a pull back, inside cut or outside cut.
- Add additional game like pressure:
  - Option 1:
    - Have 1 player dribble to the cone and perform the skill (inside/outside cut or pull back).
    - Have the 2<sup>nd</sup> player stay on their side of the cones but track the player dribbling the ball. They are not to take the ball but just track the dribbling player.
    - Every 5 switch sides
  - Option 2:
    - Have 1 player dribble to the cone and perform the skill (inside/outside cut or pull back).
    - Have the 2<sup>nd</sup> player track the 1<sup>st</sup> player on dribblers half of the cones but do not steal the ball.
    - Watch to make sure the player dribbling chooses the correct turn with feeling the pressure.
- Video:
  - Coever Change of Direction – [Click Here](#)
  - Additional Change of Direction – [Click Here](#)
  - **My Favorite** – Inside/Outside Cuts – [Click Here](#)

- Touch Passing using gates:

- Setup:

- Using 2 cones, create a gate about 5 feet wide
- 2 players with 1 ball

- 2 touch passing:



- Players 2 touch pass between the gates. That is pass, trap, pass back.
- Players waiting to receive the pass must have “Happy Feet”, on their toes, waiting to receive the ball.
- Make sure to switch feet: Right foot only, Left foot only, any foot

- 1 touch passing:



- Players 1 touch pass between gates.
- **Very Important:** stress the ball must be “Kept on the floor”
- Player waiting to receive the pass must have “Happy Feet”, on their toes, waiting to receive the ball.
- Make sure to switch feet: Right foot only, left foot only, any foot

- **Options:**
  - Make it a challenge:
    - How many passes can you make in 30 sec?
    - How many passes can you make in 30 sec on right foot only?
    - How many passes can you make in 30 sec on left foot only?
  - Add restrictions:
    - If ball hits cones or goes outside the gate you have to start your count over, during the challenge.
  
- Monkey in the middle (Very Important Drill):
  - This drill can be a warm up drill or a drill used in training. It is a very important drill.
  - Setup:
    - Build a grid based on your players (10x10, 15x15). 4 cones and 2 balls are needed
  - Mix players into 3v1, 4v1 even 5 v1 giving the advantage to passers not the defenders.
  - Different ages will require different skills:
    - U8/U9 – introducing movements, passing and vision
    - U10/U15 – building on movements, moving the ball to open space, passing the ball quickly, vision of the grid to find space after passing.
  - This can be frustrating at first but in the long run well worth the time and effort.