

Building block 1

Solo dribbling exercises

Concepts/objectives

1. Confident, creative ball handling
2. Physical and mental preparation for training
3. Preparation for more intense activities during main session

Setup

- Assign half of the field to each group.
- Each player has a ball.
- Start with five minutes of freeform warm-up: Players practice individually with the ball, doing whatever activities they prefer.

Sequence

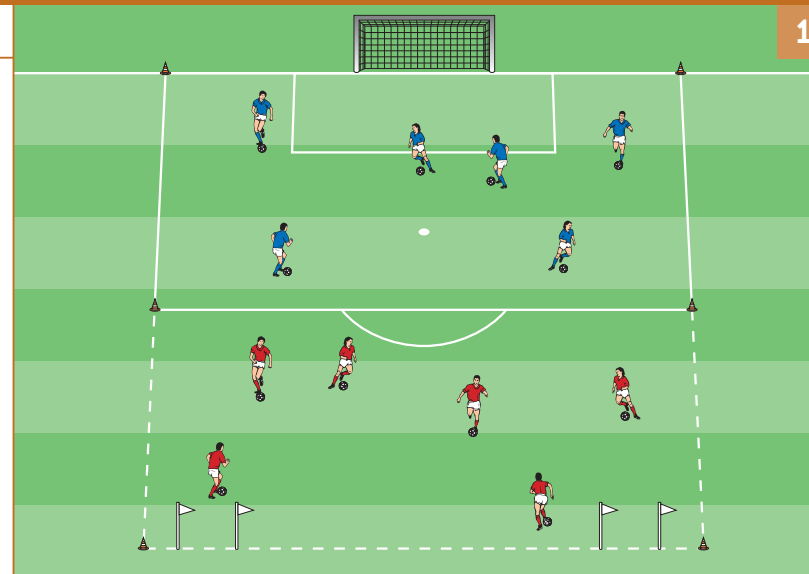
Exercise 1: Players dribble freely among themselves, incorporating lots of changes of direction.

Exercise 2: Players dribble only with the right/left foot, or only with the inside/outside of the foot.

Exercise 3: Players dribble with lots of quick, light touches.

Exercise 4: At the coach's signal, players do a quick sprint with the ball (10 yards maximum).

Exercise 5: Players juggle the ball up high and then control it again on the ground.



Tips

- Always provide interesting warm-up exercises with the ball!
- Don't waste a minute of practice time — start working on confident, skillful ball handling right from the start.

Passing exercises in groups of three

Concepts/objectives

1. Accurate passing, solid ball control
2. Improving field vision
3. Physical and mental preparation for training
4. Preparation for more intense activities during main session

Setup

- Divide each group into two groups of three.
- Each group of three has a ball.
- Groups move about the entire field doing passing exercises.

Sequence

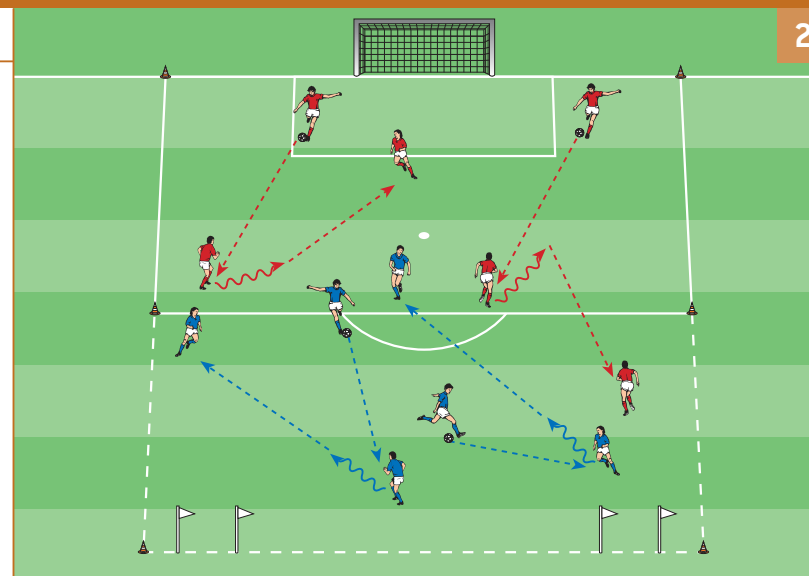
Exercise 1: Ball carrier plays a precise pass to a teammate, who safely receives and controls the ball before passing.

Exercise 2: Every other pass is played directly.

Exercise 3: Receivers execute a distinct turn while receiving and then do a short sprint.

Exercise 4: Ball carrier plays a low pass in the air; receiver safely receives and controls the ball.

Exercise 5: At the coach's signal, players execute all movements at top speed until the second signal comes (about 15 seconds later).



Variations

- Players do additional activities after each pass, e.g. short sprints, squats, squat jumps, imitation headers.
- Each group of six is limited to one half.
- Players alternate between juggling and passing exercises.
- Ball carrier plays two wall passes in a row.