



Basic Skills

Coaching Session Plan

Drill Name:	Basic Skills
Objectives:	<ol style="list-style-type: none"> 1. Improve basic ball skills. 2. Can be used as warm up (start of session or before match).
Ages:	U7 +
Organisation:	Split into groups of 3. 1 player at discs each end with a ball. 1 starts in middle with no ball.
Activity:	<p>Player in middle approaches player at one end, receives ball and returns to same player, turns and does same at other end.</p> <p>After 1min player in middle replaced by one from side.</p> <p>Can be used to master several skills</p> <p>Short passing</p> <p>Players execute short passes to and from middle player. Requires player in middle to turn after pass and sprint to other end.</p> <p>Coach technique. Coach quick turn and sprint. Coach "asking for the pass" with voice or hand.</p> <p>Progress to one touch pass.</p> <p>Longer / Driven Pass</p> <p>Players execute longer driven passes to and from middle player. Requires player in middle to turn but not sprint.</p> <p>Coach all players firm weight of pass to reach receiving player but not too hard.</p> <p>Coach good controlling touch – out of feet – but under control.</p> <p>Controlling Aerial Ball</p> <p>Receiving player in middle runs towards player at side who serves an aerial ball. Receiving player returns ball, makes quick turn and sprints to server at opposite end.</p> <p>Coach decision making (control or return 1st touch?). Coach technique for controlling on different parts of body eg head, chest, thigh, foot. Coach "asking for the pass" with voice or hand.</p> <p>Progress to one touch return.</p> <p>Heading</p> <p>As above but serving player must throw high enough for a header. Can vary distance for cushioned, attacking or defensive headers.</p>
Diagram:	<p>10m</p> <p>Ball movement</p> <p>Player movement.</p> <p>Size depending on age of players. Older = Bigger.</p> <p>Width of gates dependent on players ability. Smaller = more difficult.</p>
Progression:	<ul style="list-style-type: none"> • Use as warm up and adapt activities to age / competency eg U7s just use simple short passing but older more capable player progress to volleyed pass. Running with ball with pace and many more techniques. • Introduce element of competition with which group can get each of their three players to complete 4 of the require skill.