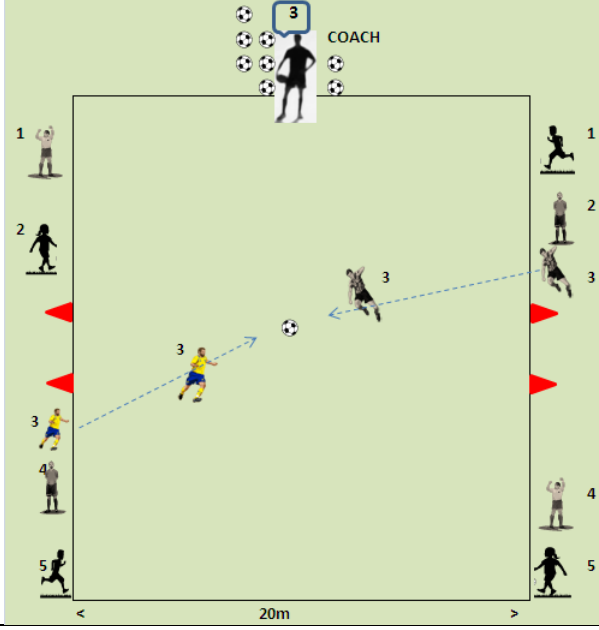




Win The Ball

Training Plan

Title:	Win The Ball
Objectives:	<ol style="list-style-type: none"> 1. Improve competitiveness to win the ball in a 1v1 situation. 2. Can be used as warm up (start of session or before match) to improve competitiveness and concentration.
Age range:	U7's +
No. of Players:	6 +
Time:	10 mins
Organisation:	20x20 grid with a small goal on two opposite sides. Plenty of balls.
Drill:	<p>Split into 2 equal groups. In each group number players so that you have 2 number 1's, one on each side and 2 number 2's, one on each side and so on. Coach then either places or feeds in balls into the centre and shouts out a number.</p> <p>The players who's number has been shouted run to win the ball, then keep possession and then try to run the ball through the goal at their own end.</p> 
Coaching Points:	<p>Get to the ball fast.</p> <p>Win the ball. Coach block tackle.</p> <p>Turn. Coach to turn away from pressure.</p> <p>Dribble Coach control and run with speed.</p>
Progression:	<p>Coach player that doesn't win ball to then defend and either tackle or make sure opposition does not score for 30 seconds.</p> <p>When 1 of the players win ball in middle – call a second number who goes in either to support his team mate on ball or defend as a pair with the player who didn't win ball.</p>