

Practice #

13



1h30

THEME : Protect the ball and shake off a defender to reach the target



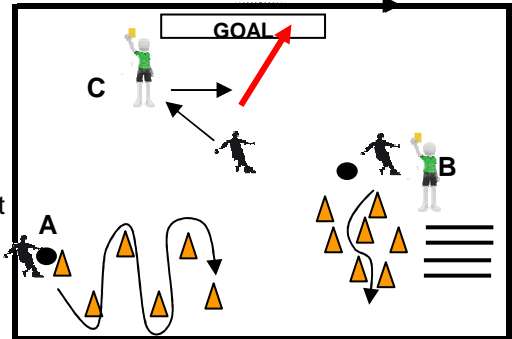
10' Warm-Up (3v3 + Slaloms with cones and shoot)

Assistant on 3v3. Coach in Goal

15' Motor Skills Drills

3 workshops 4 min per

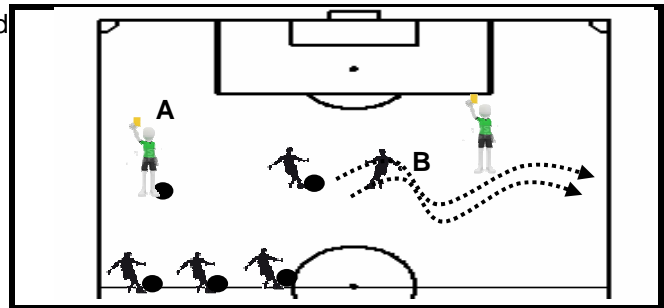
- A) Laterality : Slalom in S. Left foot 2 times, then right foot once.
- B) Balance : Golf club + Pas chassés then dribbling without touching the cones.
- C) Coordination : Wall pass with coach or assistant then shoot directly



20' Analytical Drills : Shield the ball and dribbling moves

2 groups

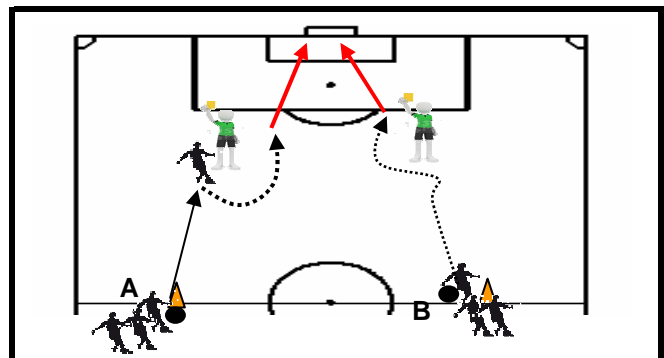
- A) 10' - Coach teaches how to shield the ball and some dribbling moves
- B) 10' - **Backing Brake** - run with the ball, defender backing up. At signal, try to get the ball, BC shields.



20' Situational Drills

2 groups

- A) P1 pass to P2 who has his back to the goal. Shield and protect the ball from Coach who is marking P2. Feint, turn and shoot.
 - B) P1 runs towards Coach, perform a dribble to enter the box and shoot
- Low pressure from coach at first, then increases progressively as the players get better



20' Free Scrimmage

2 teams