

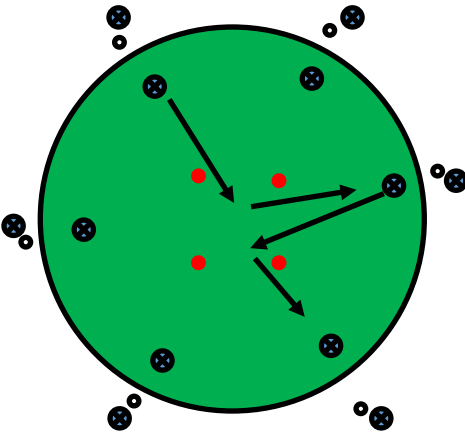
Week #3—Control

Control is the using of feet and other parts of the body (except arm and hands) to keep the ball close in order to pass, dribble or shoot. We will be concentrating on using the top of the laces, inside of the foot, thigh and chest in order to control the ball.

Coaching Points for Control

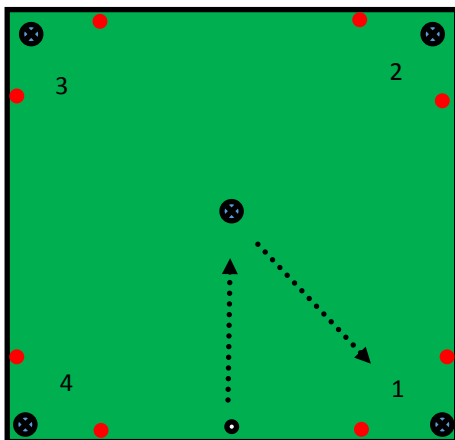
- Get in position behind the ball. Players must be on their toes and not flat footed
- Lower your leg as the ball makes contact
- Try match the speed of the ball in order to cushion it
- Chest—try absorb the impact in order to control the ball. Players must be able to lean back in order to absorb the ball

Warm Up—Control Circle



- 20 yard circle with a 5*5 square in the middle
- Team is split into partners with one outside the circle with a ball (the server) and one inside the circle with no ball (the participant)
- Participant is served twice from the outside then runs thru square in the middle to find a new server. Encourage the players to find a new server quickly
- Progression of the control:
 - ⇒ Passing with the inside of foot to right foot
 - ⇒ Passing with the inside of foot to left foot
 - ⇒ Toss to right instep with pass back
 - ⇒ Toss to left instep with pass back
 - ⇒ Toss to right laces with pass back
 - ⇒ Toss to left laces with pass back
 - ⇒ Toss to right laces with pass back
 - ⇒ Toss to thigh control with pass back
 - ⇒ Toss to chest control with pass back
- Switch participant to server after each progression.

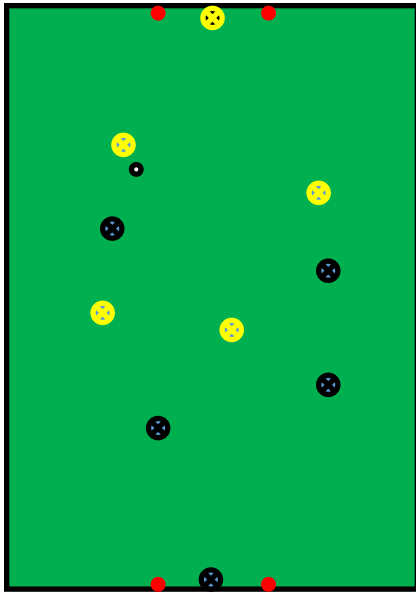
Control Technique—Control to Corner



Coach

- 20*20 area with 2 cone goals in each corner
- 4 numbered players in the corners plus 1 receiver in middle. Coach is server
- Coach/Server passes the ball to the receiver in the middle and calls out a number from 1 to 4
- Receiver scores a point if they use only 2 touches to control and pass it thru the gate to teammate with that number
- Swap player roles after 5 turns
- Progression: Ground pass to start then after bounce or throw ball so receiver has to control with foot, thigh or chest before passing
- Remember the coaching points and correct obvious mistakes

Small Sided Game—Control



- Split into 2 equal teams with 1 net at each end of the area and a goalie in each net
- Players throw the ball with their hands to their teammates. Players who are receiving the throws must control the ball to the ground by using their feet, thighs or chest
- Receiving player then picks up the controlled ball and throws to another teammate who must control the ball
- Players are not able to run while throwing the ball
- The opposition should attempt to intercept the ball by controlling the ball out of the air or by picking up a poorly controlled ball from the other team
- A goal can be scored at any time as long as the shot is taken from controlling the ball to the ground
- Focus on how the ball is being controlled

Scrimmage

Split the team into 2 equal teams and scrimmage. Be sure to emphasize instances where the players are exhibiting good control of the ball.