

“High Ball Relay”

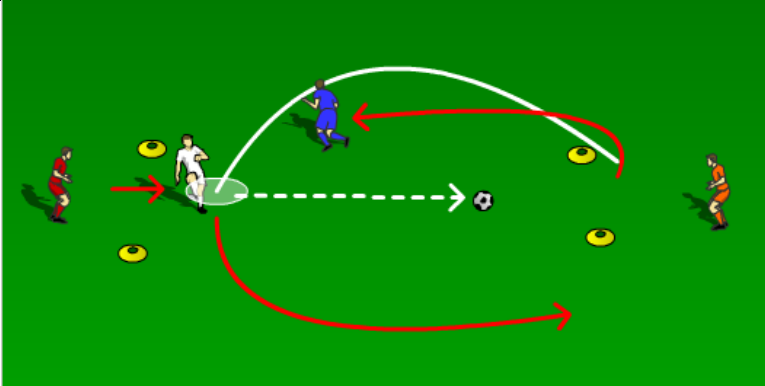
East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control & Turning

Primary Objective: To build confidence, speed and accuracy with traps and volley passes

Duration: 10 minutes

The Basics



Organization

Break group into teams of 4-7 players, with a pair of cones gates spaced approx 7 yards apart for each team.

Put half the team behind 1 gate, half behind the other.

1 ball per team.

Activity

At coach’s signal, **blue** player tosses a high ball toward the opposite cone gate, then runs around the outside of the grid to join the back of the opposite line. **White** player steps through the gate to trap the tossed ball, takes 1 touch to trap, 1 touch to send a return pass to **orange**, then **white** runs around the outside of the grid to join the back of orange’s line. **Orange** then tosses the ball to **red**, and the process repeats.

Each team counts off (loudly) how many traps they execute in a minute. Team with most traps wins.

Coach Pts

- Trapping player should charge through the gate to receive the ball; don’t wait for it arrive.
- Traps should cushion the ball to fall at player’s feet for the return pass.
- If trapped with foot, encourage players to trap to opposite foot, so return pass can be made quicker than if trap and pass are made with same foot.

Mod

If you only have enough players for one team, challenge the team to beat their previous score.

Progression

- Require all return passes be made with non-dominant foot.
- Require all return passes be made 1-touch.