



TSF Academy - Saturday Live Training Session Plan 5/9/20

Category: Technical: Ball Control

Difficulty: Difficult

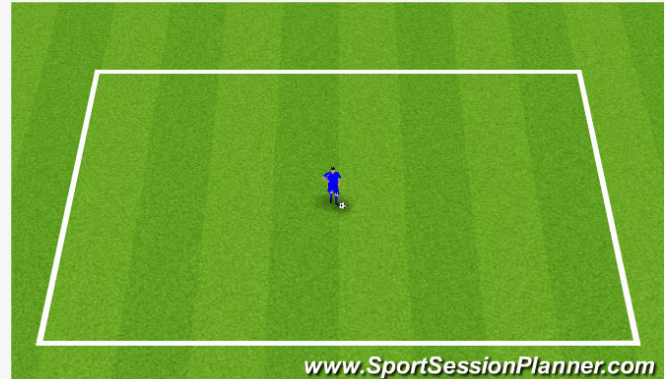
Am-Club: TSF Academy

Lee Leonard, New Jersey, United States of America

Juggling Warm up

Juggling Variations (5-10 mins)

- 1 - Right foot only
- 2 - Left foot only
- 3 - Combined
- 4 - Combined with every 5 juggles ball goes in the air, bring it down under control and carry on juggling



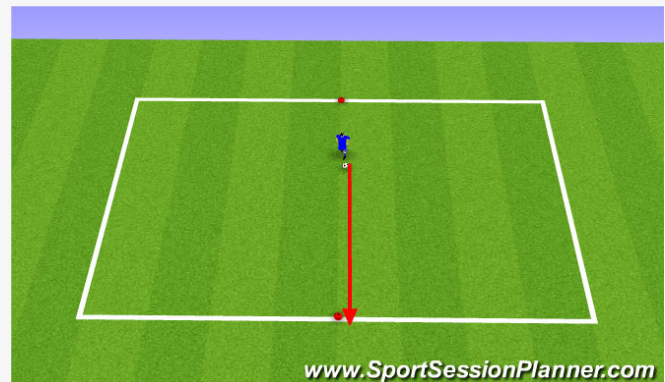
Speed dribbling

Speed Dribble - speed of dribbling the ball from A-B.

Focus:

- Head up (game realism awareness)
- Touches on the ball (getting them out of your feet whilst still maintaining control of the ball)
- You control the ball the ball doesn't control you

Challenge - add times in here to test yourself how quick you dribble from cone A-B and back.



1v1 skills

1v1 skill -

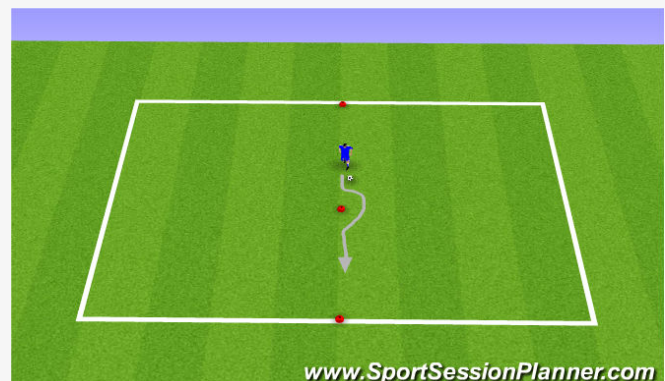
- drive towards defender (middle cone)
- disguise skill
- execute skill
- accelerate out of skill

Keys:

- Head up
- Awareness
- ability to fake defender
- Control of the ball (keep it close initially, burst out of skill with ball creating space and in the direction you are exploiting the defender)
- Use of body
- distance between yourself and the defender

Skills to focus on:

- Ronaldo
- Scissor
- Double scissor



Turns

Turns -

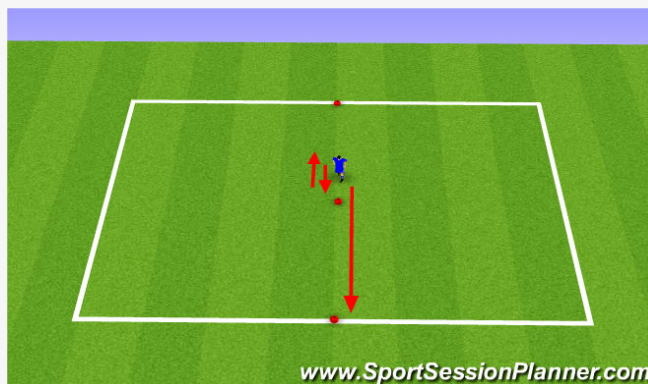
- drive towards defender (middle cone)
- disguise skill but execute a turn
- execute a second turn
- accelerate out of second turn and into the space

Keys:

- Head up
- Awareness
- ability to fake defender
- Control of the ball (keep it close initially, burst out of skill with ball creating space and in the direction you are exploiting the defender)
- Use of body
- distance between yourself and the defender
- adding the creation of the space as you in turn into the direction which you want to go

Turns to focus on:

- Cruyff
- Inside hook
- Outside hook
- Drag back



Turn & skill combo

1v1 skill -

- drive towards defender (middle cone)
- disguise skill
- execute skill
- accelerate out of skill

Keys:

- Head up
- Awareness
- ability to fake defender
- Control of the ball (keep it close initially, burst out of skill with ball creating space and in the direction you are exploiting the defender)
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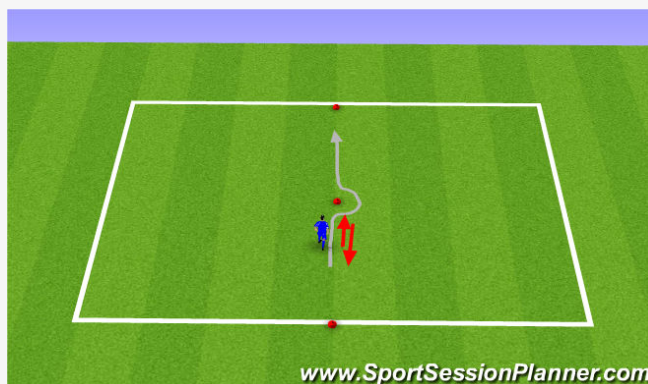
& add

Turns -

- drive towards defender (middle cone)
- disguise skill but execute a turn
- execute a second turn
- accelerate out of second turn and into the space

Keys:

- Head up
- Awareness
- ability to fake defender



- Control of the ball (keep it close initially, burst out of skill with ball creating space and in the direction you are exploiting the defender)
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- Cruyff
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- Outside hook
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Coaches Challenge

Week 1 -

Maradona 7 (rehash this challenge them again live)

Week 2 -

Around the world with no bounce (for more elite players how many times can we do it with no bounce)

