

SOUTHERN JUNIOR DEVELOPMENT PROGRAM

Week one

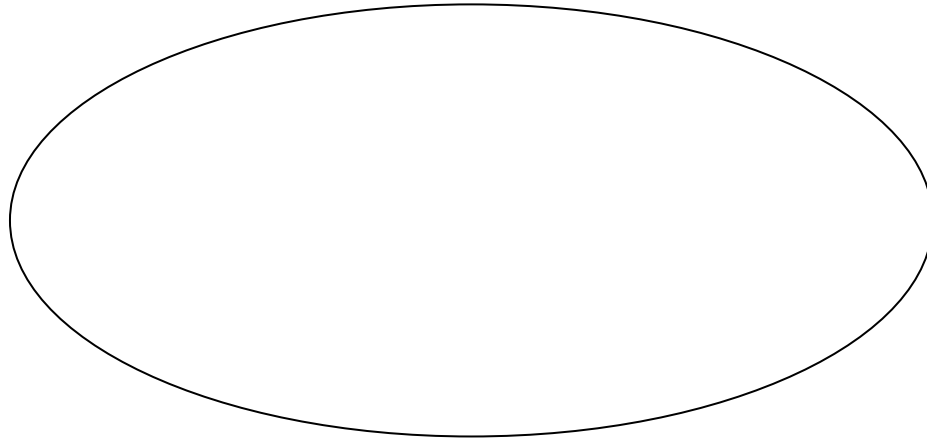
Initially all drills to be conducted in a circular fashion

Drags – r – l , l- r

Drag with dummy

Jinks open reverse squeeze

V drags r-l , l-r



Structure

The players should be provided with a demonstration of how important ball handling is.

Ways to improve it whilst ways to develop different parts of it.

We shall also be going through a variety of drills to test this. When practicing allow for some intensity to develop, encourage active work versus too passive. No tram queues, players all work in small groups , go through the drills and send them away to practice them , evaluate, stop and make comment then get them back into it . Highlight good examples

Coaching points

Key points

Grip

Ball placement

Vision

Body position, crouched leaning forward from the waist, comfortable, bent knees

Distance of ball away from your feet?

Hand position, left hand to control top, right hand loose, distance apart approx 30 cm

Vision, not always looking at the ground (split vision)

Ball protection

Carrying of the ball left and right away from the body

Ability to move in different directions with the ball – backwards / forwards / sideways – angles

Arms slightly bent at elbow (not straight)

Encourage a change of pace

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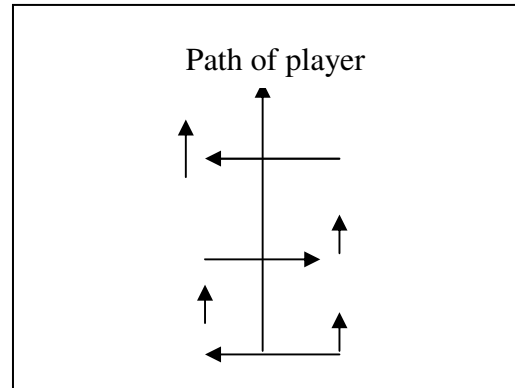
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LEFT HAND CONTROL ONLY.

This exercise is completed with the stick in the left hand only. Start walking slowly until their skill level is good enough to move forward at a quicker pace.

The ball starts on the front stick, is carried forward a few paces before being dragged square across the front of the body onto the reverse stick and carried a few paces on the reverse stick.

The ball is again dragged square across the body



Path of ball

FORESTICK DRAG and reverse stick drag

Fore stick to the, left side and right side. Bringing ball back towards you

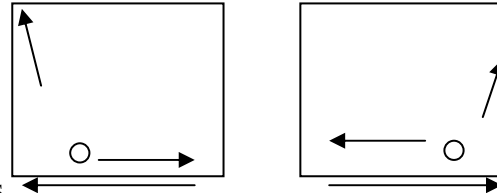
using one hand with the left .Drags to go as far as possible

Develop to under / over drag where left hand comes in towards your body to meet the ball on the left side.

Start these standing still and then on the move.

Ball to be dragged at least one meter and then they drive forward

A couple of passes, keeping control of the ball at all times



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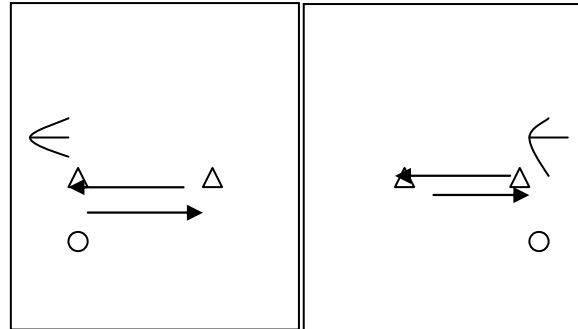
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DRAG WITH JINK

Cones are placed one meter apart

Drag and jinks 1 – ball starts in line with the left cone and the player drags the ball from left to right, and then right to left, when dragging the ball to the left the player rotates the stick over the top of the ball so they can jink the ball over the jinks on the reverse with their weight on their left foot .

Drag and jinks 2 ball starts on the right cone and is dragged from right to left and left to right, when coming back to the right the player is looking to jinks the ball using the open stick



Exercise set up as a circle therefore lots of time on task

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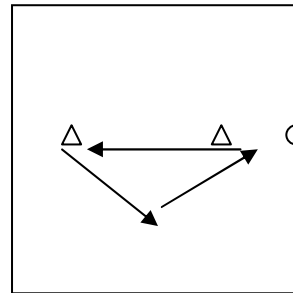
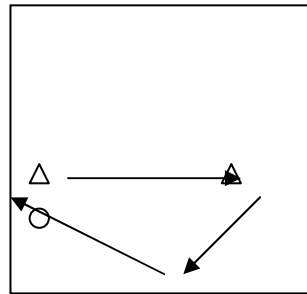
2. Spins left to right
right to left

V DRAGS

Cones played 1 meter apart.

V drag 1 – ball starts on the left cone , the player drags the ball to the right cone, when the ball is on the right cone the player pivots on their right foot and opens up his body so that his left foot is in a diagonally with the right. The player then drags the ball from their right foot to their left collect the ball on the open stick on the left foot and then they drive forward.

V drag 2 – as above except the ball now starts on the right cone, the ball is dragged to the left cone and then the player pivots on their left foot and open up their body so that the right foot is now in a diagonal line with the left. The player now drags the ball from left foot to right and then drives forwards



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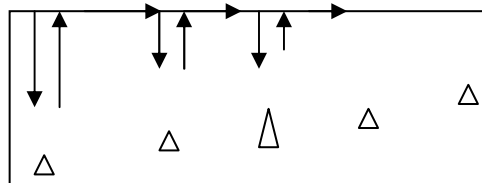
DRAG WITH Squeeze

Cones are placed one meter apart

Drag and squeeze 1 – ball starts in line with the left cone and the player drags the ball from left to right, and then right to left, when dragging the ball to the left the player rotates the stick over the top of the ball so they can squeeze the ball over the squeeze on the reverse with their weight on their left foot .

Drag and squeeze 2 ball starts on the right cone and is dragged from right to left and left to right, when coming back to the right the player is looking to squeeze the ball using the open stick over the top of the stick

OUT AND BACK



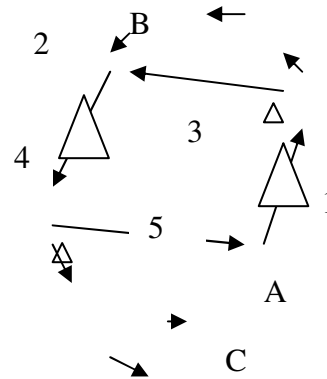
Players out then back. Then shift laterally behind the line, moving the balls in Indian dribble style both forwards and backwards. Players have to keep the ball under control for 2 minutes going forwards and back if anyone loses control of the ball they all start again

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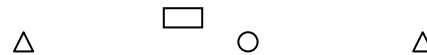
In threes a runs slightly to the right with the ball (1) and pushes it at running pace to B (3) who receives the ball at running pace (2) on the forehand. B runs slightly to the right with the ball (4) and pushes it at running pace to C (5)

Ball in front of the right foot, left foot is in front at he movement of the push



DRIBBLING WITH TACKLING

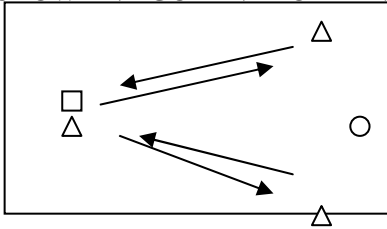
1 v1, goal scored by pushing opponents cone down with the ball , vision control of ball



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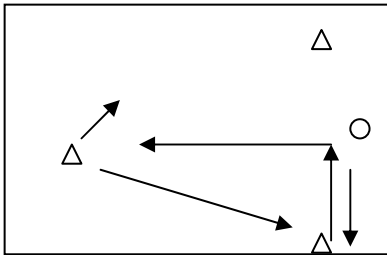
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SHOW AND GO DEVELOPMENT OF

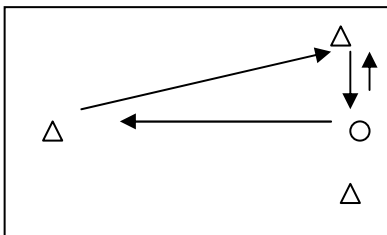


Player[] starts with the ball and passes to the cones to the left and right of the O. O has to step across and trap the ball and pass back to [] either on their open stick or reverse stick

Important make sure ball goes to the cone meaning that O has to move their feet



Very similar to the above activity, but when the ball is passed the O's reverse stick they now trap the ball , pivot on their left foot pulling the ball across their body back into the middle before passing back to []. []will then pass the ball to the open stick where the same as above occurs

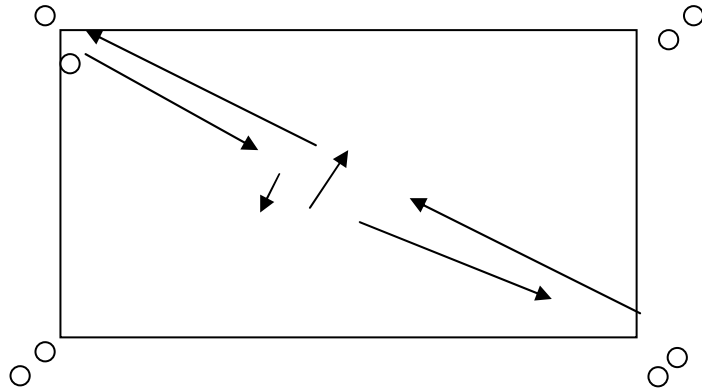


Again similar to stage two the only difference here is that when the ball is past back to the open stick O traps the ball and shows the ball to the right before dragging the ball back across their body to pass to []. Pivot of the right leg is important as the weight should be on it, Stick should not be lifted away from the ball Again quick left hand

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NEAR MISS



Players are located at the corner of the grid.

Two players to start off with run into the middle of the grid and then stop and drag the ball

- 1.left – right drag
- 2.right to left drag
- 3.left to right spin
- 4.right to left spin

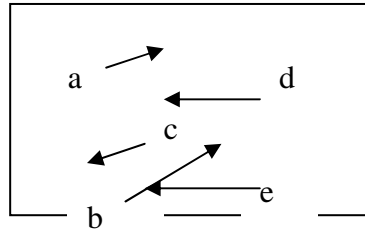
Alternate after 2 minutes again then start with one player in each group going at the same time , so 4 players go at once,
Make sure they do not stop in the middle and get their eyes up so they do not crash into one another .

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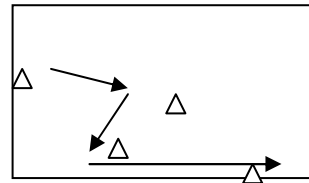
FREE DRIBBLING

4 – 8 players each with a ball. Dribbling slowly in a 5 m square area. On the whistle, players quicken their pace for 15 seconds. Vary by increasing the number of players, expand the area, or have 1 ball between 2 players where dribbling and passing is required.



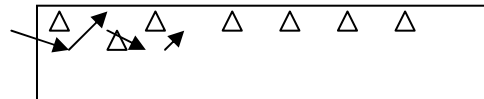
CHANGE OF PACE AND DIRECTION

Getting used to going forwards, back and then accelerating out towards a different part of the pitch. Always face forwards, looking to move defenders.



MAZE WORK

Looking to go in and out of cones as quickly as possible ensure quick hands and good body position.



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SHADOW PLAY

Player 1 moves laterally with the ball. They attempt to get to the end line of the cones positioned near the side of the grid, before their partner player 2. Player 2 tries to shadow the movement of player 1

