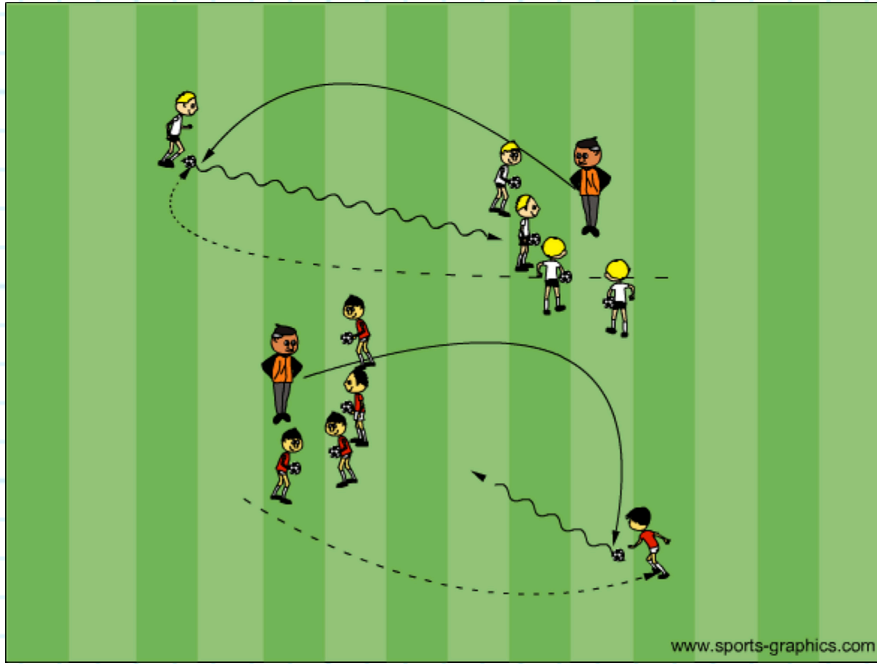




NEW MEXICO
SOCCER ACADEMY

Date:	Week:
Topic: Ball retrieval	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



Set Up: Players hand the ball to a coach who then throws it into space; players must run and retrieve the ball. Coach asks players to solve the following problems:

- 1) Do not use hands to retrieve the ball
- 2) Do not use hands or feet
- 3) No hands/feet and must be touching head
- 4) Only using feet (in 8 touches)

Progress to: retrieval in pairs

Web Link for video:

Coaching Points/ Questions

Technical:

How can you get the ball back quickly?

Tactical:

How can you work as a team to get the ball back?

Psychosocial:

Physical:

To Adjust Difficulty:

Notes: