

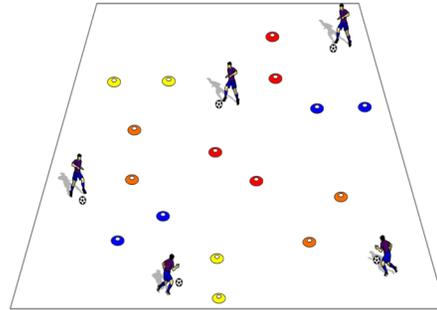


Colorado United U11-U15 Academy Program

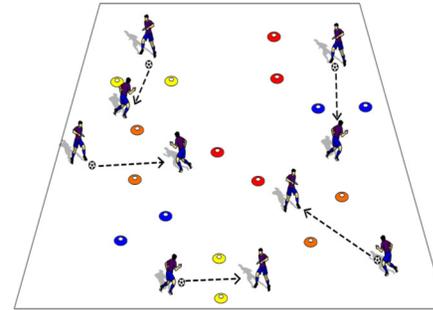


Session Date:		Time:	75 mins	Age Group:	U11-U15
Session Theme:	Command Grid Activities				

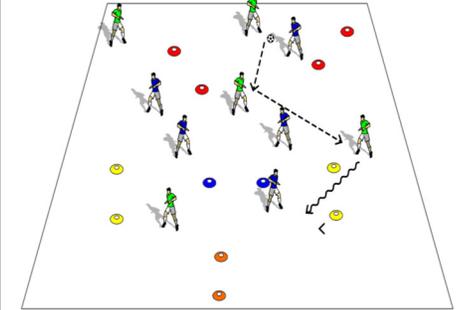
The command grid is a great training tool to help the players get as many touches as possible. The ratio is 1:1, player to ball for the basic command grid. Then it moves to 2:1, player to ball. Then moves to a possession activity.



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Technical touches

Boxing – players dribble and keep the ball by using the inside of their feet back and forth.

In – outs – Big toe hits the outside of the ball and outside three hit the inside of the ball. Big toe outside three. The ball moves sideways and the player moves forward.

Double in-outs – big toe big toe, outside three outside three. Small touches.

Side rolls- the player rolls the ball with the bottom or their feet diagonally forward across their body 5 times with one foot and 5 times with the other.

Forward hops- toe taps moving forward.

Pull push—pull the ball back with the bottom of the foot, pushing in forward with the laces all with the same foot, then alternate feet

Basic command grid

Grid size depends on the level of the player. The better the player, the smaller the grid.

Each player has a ball and dribbles around the grid listening to the coach give specific technical touches, moves and other movements to help the player. The gates give direction for the players. Can call out different colors to get them to be aware.

Passing command grid

Grid size depends on the level of the player. The better the player, the smaller the grid.

Player work in pairs and work on their movement throughout the grid and pass to each other through the grid. The coach has the ability to make the rules on what they want to do.

Possession command grid

Grid size depends on the level of the player. The better the player, the smaller the grid.

Now there are two teams. Teams get points by passing through the gates. Encourage the teams to not to just pass through a gate. We want to move the defenders to open up space to find the open grid.

Created by Josh Beaty