

Skills Session

KANGA'S PRE-SEASON TRAINING GUIDE

WINNING CONTESTED BALL - BEGINNER DRILLS

COMMON PROBLEMS:

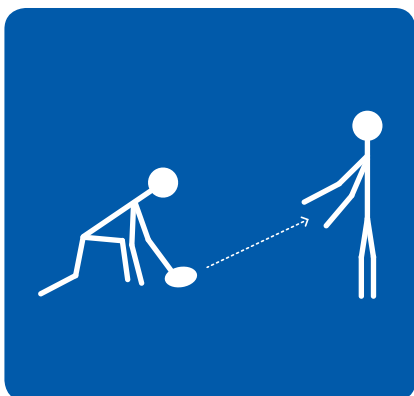
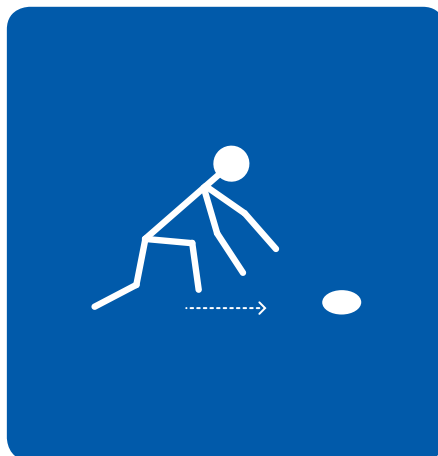
- Dangerously diving on the ball head first
- Watching opposition body rather than ball
- Fear of being hurt

PRACTICING ALONE - RUNNING PICK UP:

- Place the ball down 10 meters away from you.
- Run towards the ball
- Approach it from one side
- Bend down into half crouching position and pick up the ball with both hands
- Keep eyes on the ball at all times
- Extend your arms with fingers almost touching the ground

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 pick ups on left side
- ☐ 10 pick ups on right side



PRACTICING WITH A FRIEND - RUNNING PICK UP AND HANDPASS:

- Place the ball down between you and your partner
- Run towards the ball
- Approach it from one side
- Bend down into half crouching position and pick up the ball with both hands.
- Handball to your partner.
- Swap roles and repeat

DRILL PASSED - MOVE ONTO NEXT DRILL:

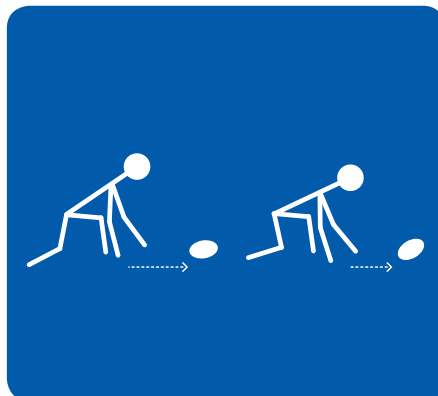
- ☐ 10 pick ups and handball left side
- ☐ 10 pick ups and handball right side

MIX IT UP - HAND DRIBBLING:

- Place the ball down 10 meters away from you.
- Run towards the ball
- Approach the ball with your body behind it.
- As you meet the ball tap it forward and out in front of you. Keep it protected with your body.
- See how many times you can tap with ball forward without running past it.
- To make it harder, try tapping it until it bounces up to you so you can gather it and run.

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 5 taps in a row without missing ball
- ☐ 10 taps in a row without missing ball
- ☐ 5 taps followed by clean pick up



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WINNING CONTESTED BALL - INTERMEDIATE DRILLS

COMMON PROBLEMS:

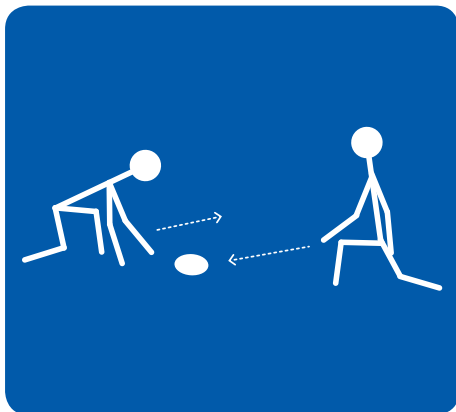
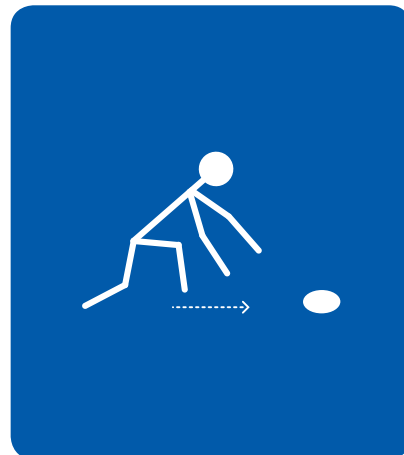
- Dangerously diving on the ball head first
- Watching opposition body rather than ball
- Fear of being hurt

PRACTICING ALONE – ROLLING BALL STOP:

- Roll the ball out in front of you.
- Chase the ball down
- Approach the ball from one side and protect it with your body
- Bend down into half crouching position and stop the ball from rolling with both hands
- Repeat

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 clean stops
- ☐ 10 clean stops in a row



PRACTICING WITH A FRIEND – ROLLING PICK UP AND HANDPASS:

- Stand five meters away from your partner
- Your partner will roll the ball out to you
- Run forward to meet the ball making sure your body is behind it
- Extend arms with fingers almost touching the ground and alms towards the ball.
- Bend down into half crouching position and pick up the ball with both hands
- Handball back to your partner and repeat

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 pick ups and handpass with right hand
- ☐ 10 pick ups and handball with left hand

MIX IT UP – ONE HANDED PICK UP:

- Place the ball 10 meters away from you
- Run towards it, approaching it from one side
- Run slightly past the ball and swing one arm down and scoop under the ball
- Your hand should curve around underneath the ball
- Once you have picked up the ball, bring your free arm in to steady the ball
- Increase your running speed to increase the difficulty

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 pick ups with left hand
- ☐ 10 pick ups with right hand



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WINNING CONTESTED BALL - ADVANCE DRILLS

COMMON PROBLEMS:

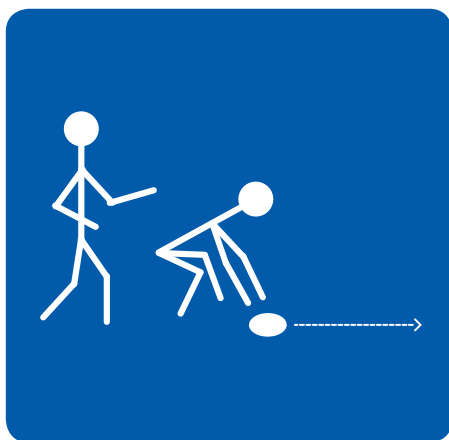
- Dangerously diving on the ball head first
- Watching opposition body rather than ball
- Fear of being hurt

PRACTICING ALONE - ROLLING PICK UP:

- Roll the ball out in front of you.
- Chase the ball down
- Approach the ball from one side and protect it with your body
- Bend down into half crouching position and pick the ball up with both hands

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 clean pick ups
- ☐ 10 pick ups in a row



PRACTICING WITH A FRIEND - PRESSURE PICK UP:

- Stand in front of your partner with ball
- Roll the ball out in front of you
- Run after the ball and try to pick it up
- While you try to pick up the ball, your partner will chase you from behind
- Your partner will try to stop you picking up the ball
- Remember to protect the ball with your body
- Swap rolls and repeat

DRILL PASSED - MOVE ONTO NEXT DRILL:

- ☐ 10 clean pick ups
- ☐ 10 pickups in a row

MIX IT UP – FIRST TO THE BALL:

- This drill will require a third person
- A parent, sibling or friend will do
- Have two of the partners close their eyes
- They will become the chasers
- The third partner will be a hider
- The hider will place the football in a random location and will then yell GO!
- The chasers will then open their eyes and compete to find the ball
- The winner is the chaser who can pick up the ball and return it to the hider.
- Change the dynamic by having the chasers starting in different positions for example laying down, kneeling or sitting.

DRILL PASSED - YOU ARE NOW A CONTESTED BALL MAGNET:

- ☐ Beat my partner 5 times

