



Individual Training - 50 - 50 Challenge

Category: Technical: Attacking skills
Difficulty: Moderate

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Description

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50-50 Technique

50 -50 Ball Challenge Technique (Ball on the ground):

If you get to the ball first:

First option:

- Try to move the ball behind the defender

Second option:

- Try to pull the ball back away from pressure

If you get to the ball at the same time:

Stop into the ball with the inside of the foot and the body blocking the ball.

If you get to the ball late:

- Do not try to challenge the ball.
- Give a step back and prepare to challenge in the right moment (Contain the offensive player)



50 -50 Ball Challenge Technique (Ball in the air):

If you get to the ball first:

- Try to control the ball first by putting the body between the ball and the opponent

If you get at the same time to the ball:

Coaches, please note: 5th grade is not allowed to head, so attack it in the air or on the bounce!

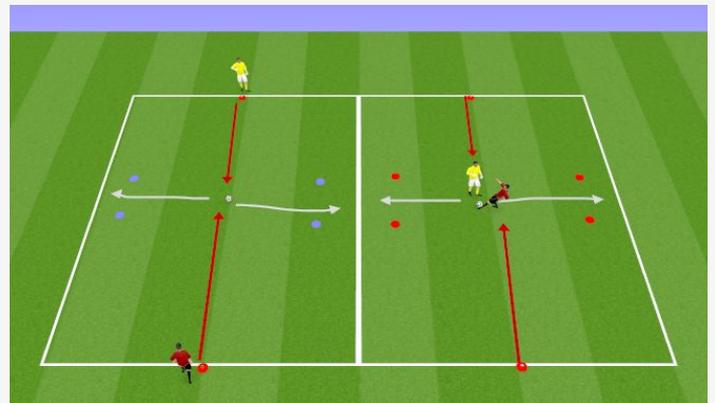
If you get late to the ball:

- As soon as the opponent tries to control the ball, you challenge the ball.

Activity: 50-50 Ground Challenge (15 mins)

Activity:

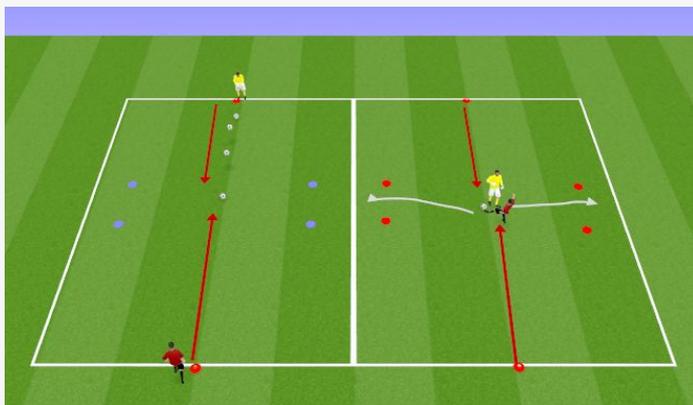
- The coach will play (1vs.1) against the player.
- The ball will be in the middle of the field/grid.
- When the coach says: GO ... both (the player and the coach) will run and attempt to take possession of the ball.
- The person that ends up with possession of the ball will try to dribble the ball between the goal.
- There are 2 goals that offense players can score.



Activity: 50 -50 Air Challenge (15 mins)

Activity:

- Same concept as the previous session but at this time the coach will send the ball in the air.



Activity 50 - 50 grond and air Challenge (zone) (15 mins)

Activity:

- Same concept as the previous session but at this time the player or the coach will dribble the ball inside the zone from the opposite side when the player or the coach started.

- Ground ball = The ball should be in the middle of the grid. The coach will say go, and both (coach and the player) will challenge the ball

- Airball = The coach and the player will stay in the middle of the grid. The coach will send the ball in the air and both (coach and the player) will challenge the ball.



Game (15 mins)

Activity:

- 1 vs. 1 game

- Start with the ball in the middle and after a few repetitions, the coach can send the ball in the air so the player can challenge a 50 - 50 (ground and air).

