

BALL MASTERY

Aim to make at least 200 ball contacts in 5 minutes

Encourage trial and error

SET UP:

20m x 20m square

Ensure there is enough space that players do not bump into each other when moving around (safety)

Each player MUST have a ball each

EXERCISES:

Dribbling

1. Utilising both feet – normal dribbling
2. One foot only – Use of inside and outside of foot
3. One foot only – In tight spaces, lots of little touches
4. Toe cuts – Use of both feet Right ft: outside-inside-Left ft: outside-inside repeat in quick repetition in a small space

Ball mastery/manipulation

Encourage players to keep their head up when completing

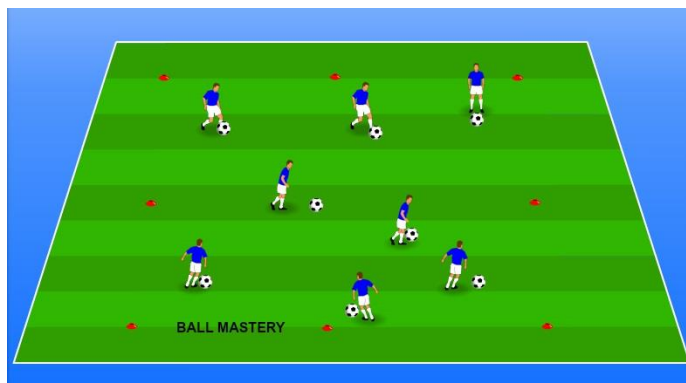
5. Sole touches – Place sole of toe on ball, repeating one each foot consecutively
6. Sole taps – Moving forwards & backwards
7. Toe Taps/Side-to-Side – Short, sharp touches between the inside of each foot.
8. Toe Taps/Side-to-Side – Moving forwards and backwards
9. Pull Push – Roll ball towards you and push forward with laces. One foot then the other
10. Side Rolls – Use the opposite foot to the direction you are travelling, standing side on, use the sole of foot to roll over ball, dragging it alongside
11. Pull-flick / L-trick – Drag ball behind standing leg, before pushing to the side with inside of foot
12. V-trick – Drag the ball towards the body, before pushing off on a different angle (making a 'V' shape)

Turns/ Changing direction:

Encourage players to accelerate after turn or skill

13. Drag back – Use sole of foot to drag the ball behind
14. Cruyff turn – Place standing foot alongside ball, use the inside of the other foot to scoop the ball behind you
15. Step over turn – As approaching the ball perform an inside step-over with one leg (#21.), before using outside of foot to push ball in opposite direction
16. Inside chop – Use of the inside of foot to turn sharply
17. Outside chop – Use of outside of foot to turn sharply

Ask the players to come up with their own – players will copy from siblings, school friends and the TV!



Feints:

18. Drop of the shoulder – When dribbling, drop one shoulder downwards before accelerating in the opposite direction
19. Fake shot – Approach the ball as if about to shoot, *swing balancing arm and leg*, before pushing ball to the side and continuing
20. Stop-Start – When dribbling simply stop and start your movement, using different variations and parts of foot
21. Inside step-over – Swing one leg from the outside towards the inside of your body over the ball, dropping the shoulder towards that side. Accelerate away in the other direction
22. Outside step-over – As above, however moving step-over leg from inside to outside of body
23. Scissor – A double outside step over before accelerating
24. Ronaldo chop – Travelling in a straight line, use the inside of foot to chop the ball behind the other leg, changing direction
25. Maradonna Spin – Approach the ball straight on, always moving forward. Place one sole of foot on the ball, spin body around whilst letting go of the ball. The other foot connects with the ball and drags the ball in the direction of your spin
26. Side roll step-over – Combine #10. Side rolls with a #22 or #23 Step over
27. Give the players FREE PLAY TIME! They create their own combination (you'll be pleasantly surprised)

Ask the **PLAYERS!**