



Ball Mastery

Category: Technical: Ball Control

Difficulty: Beginner

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Individual-Adult Member

Description

Body Parts

Each Player is given a ball and dribbles around the square.
The coach shouts a body part - child places that part of the body on the ball.
Use lots of different parts of the body.
Forehead, Foot, Knee, Hand, Elbow, Nose, Ear etc.



Ball Control

Each player has a ball at their feet.
Coach asks them to dribble around the square.
Coach calls out a command and players must complete Commands

1. Toe taps (sole)
2. Pendulms (inside of feet)
3. Heel (kick once)
4. Run Over (players run over the ball onc then keep dribbling)
5. Freeze



Freeze

Coaches become a monster - when coach calls freeze all players must stop!
Can the coach spot anyone whos Moving?
Coaching Points

1. Close control
2. Head up to see the space.



Game

Game

Can players keep the ball close

Can our teammates spread out into space?

