



Ball Mastery

Organization

20 x 20 square with 20 cones spread around the inside of the square.

Each player needs a ball

Players should dribble around the square trying to avoid the cones inside.

Aim of the Drill -

The aim is to help develop players ability to control the ball close to their body.

Coaching Points -

1. Can we keep the ball close to us, when we are next to the cone.
2. Can we get our head up and find space? and avoid the cones

Progressions

1. Either foot can be used to dribble the ball
2. Right foot only
3. Left foot only
4. Can we dribble at the cone - then use our sole to roll the ball away from danger?
5. Can we go around the cone without touching the cone - see how close we can get without touching it.



Ball Mastery - Turning

Organization

20 x 20 square with a cone in the center, with a 5x5 square surrounding the cone.

Split the group up into 2 or 3 lines, each player needs a ball.

Players will need to dribble up a complete a turn once they reach the middle square. the player will then dribble back and the next in line will go.

Aim of the drill -

Is to help develop the players ability to turn and change direction quickly, while keeping the ball under control

Coaching Points

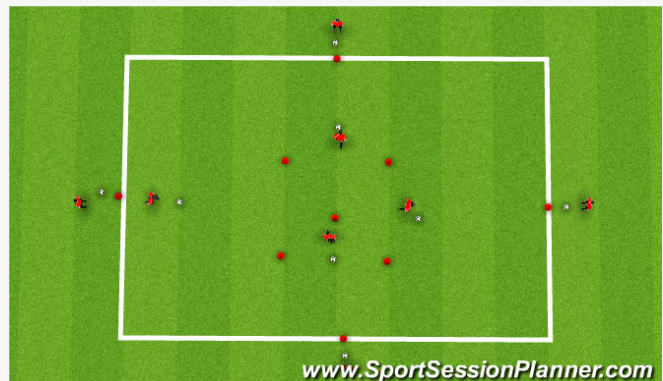
1. Can we keep the ball under control, when dribbling forwards
2. Can we get our head up and recognize where we are - and make the turn?

3. Once we have completed the turn, can we accelerate away at speed - to get separation from the defender?

4. Can we keep the ball under control as we return?

Turns

1. Drag Back
2. In/Outside hook
3. Stepover Turn
4. Cruyff Turn



Footskills - 1v0

Organization

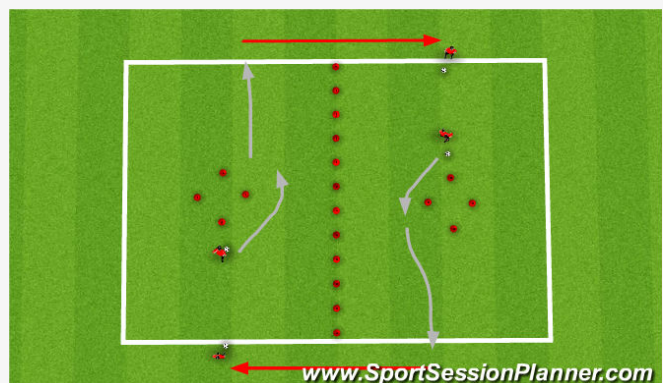
20 x 15 rectangle split down the middle to create two channels. place a diamond shape in the center of each channel, no wider than 1.5 yards wide.

Players dribble up and attack the diamond in the middle - acting as if that is a defender, they then dribble across the line and join the group next to them.

Aim - the aim is to help improve the player's ability to develop their 1v1 foot skills.

Coaching Points

1. Have the players attack the diamond as if it's a true defender. Don't let them cheat and go straight in to the space.
2. The distance between the defender and performing the skill is extremely important, players should perform the skill 1-2 yards away from the defender, encourage players to slow down as they approach to perform the skill
3. After performing the skill - we encourage the players to push the



ball diagonally away from the defender - so that they are still going forward passed the defender.

4. Accelerate passed the defender get away from the defender as quickly as possible. However keep the ball under control.