

Ball Mastery.

Objective of the session :

To Become the master of the ball through repetition of touching the ball

Activity 1.

Players are split into 2 groups. Give each group a different colour pinnie. Every player has a soccer ball. One group of players will be asked to perform a task on the spot, while the other group of players will be asked to perform a task moving forwards.

A

B

A

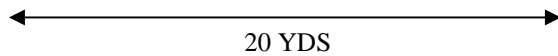
B

A

B

A

B



Key Factors.

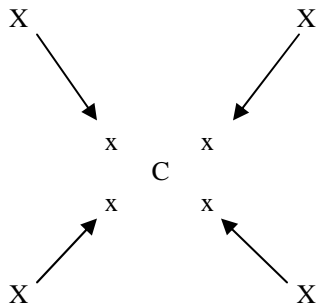
- 1 – Head UP
- 2 – Keep ball close
- 3 – Stay on toes
- 4 – Keep knees bent to lower center of gravity
- 5 – Change of direction

1. **A.** Toe Taps on the spot. **B.** Role ball with the ball of foot (bottom) from one foot to the other foot. (forward drag)
2. **A.** Backwards – forwards. **B.** Backwards - forwards moving forward.(backwards forwards dribble)
3. **A.** Inside – Inside. **B.** Players cut the ball with the inside and outside of same foot while they move forward. (inside outside dribble)
4. **A.** Inside outside with both feet on the spot. **B.** Players cut the ball with the inside of one foot to the outside of the other foot. (dribble cut)

Activity 2.

Players are placed in to 4 groups. Each group has 1 ball.

Players use the inside and outside of the right foot to dribble into the center cone, they then cut to the left using the inside of right foot (to start) play a pass to the next player and then sprint to the back of the liner were they have played. Player receiving ball does inside inside on the spot until coach says go. Players will switch and dribble with left foot once they get to the cone they now cut to the right and play the pass with the left foot.



Key Factors.

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- 2 – Keep ball close
- 3 – Stay on toes
- 4 – Keep knees bent to lower center of gravity
- 5 – Change of direction