

Ball Control/Receiving Passing Dribbling Shooting

Ball Control/Receiving

Focus on balls passed on ground.

When receiving ball be on your toes with knees slightly bent and hips square to where ball is coming from. Whenever player is receiving ball, player needs to be on toes, bouncing, with knees bent and with head up. **DON'T STAND STILL WHEN RECEIVING A PASS!**

Control passed ball with inside of foot...foot needs to "give" to cushion ball.

Don't let ball "bounce" off foot...ball needs to end up several feet in front of body.

Touch needs to be "clean" so ball can be dribbled, passed, shot, etc.

Practice using both feet.

Passing

Pass ball with inside of foot.

Ball is to be passed in a straight line...if ball curves it is not being passed properly. If ball has spin, it should be end over end...no sideways movement.

Keep hips squared in the direction the ball is to be passed.

Non-kicking foot needs to be next to and slightly behind front of ball and pointed in the direction the ball is to be played.

Practice using both feet.

Dribbling

Use both inside and outside of foot.

Keep the ball in close...practice slow and then increase speed as skill develops but avoid kicking and running after ball.

Try keeping head up as much as possible.

Work at changing directions and pace as skill develops.

Practice using both feet.

Shooting

Use the top of the foot when shooting (laces).

Drive through the ball with head down and knee over ball.

Non kicking foot needs to be slightly behind the front of the ball...if the foot is too far back ball will sail high.

If ball is struck squarely it should have no spin...a knuckle ball.

Practice shooting a stationary ball and off dribble.

And again...use both feet.

Touchline Drills (Suggest these be done every practice)

Line up every player on touchline (sideline). Spread by arm's length.

Everyone has ball...

Toe taps on ball...use hopping motion.

Have each player stand like an "L". Non-kicking foot straight...kicking foot at right angle to non-kicking foot. Have them practice swinging kicking foot as if kicking a ball. Watch the hips and non-kicking foot. These should stay straight when kicking foot is swung.

Pass ball back and forth between inside of feet. Try and keep head up.

Using sole of foot, pull ball back and flick behind stationary foot. Use both feet.

Have player hold ball...drop it and kick back to themselves. Player needs to find "sweet spot" on foot. Have player try to kick high and low, but on purpose. This is a precursor to juggling. Have them try and do this as many times as possible.

Flick the ball up using the sole of the foot. Ideally when a player goes and gets a ball, the ball should be flicked up...not picked up.

Have players dribble out about 5 yards using inside and outside of foot and repeating the process going back. At the turn player can pull ball back, or cut ball to change direction. Use both feet. Have player dribble out at a slow pace and dribble back at a quick pace after turn.

Stationary step-overs...inside out motion...over ball from the inside to the outside. Use both feet. If player becomes proficient have them use stationary foot to move ball to the outside in the opposite direction of where the first move is made. Work step-overs into dribble drill as skill increases.

With Partner...One Ball

Have one player step on ball at an angle (45 degrees) and slightly behind ball. Partner practices kicking stationary ball using inside of foot for passing, laces for shooting, and lofted ball (approach at angle). With inside of foot watch hips and non-kicking foot of player kicking ball. Use both feet and switch after several minutes.

Have partners about 1 – 2 yards apart facing each other. Both need to be on their toes and bouncing. Pass ball back and forth 1-touch using inside of foot. Use both feet.

Same drill as above but players move across field. Player A, on touchline, passes ball to partner/Player B who is moving backwards. Player B stops it/controls it and player A passes again. At other touchline reverse roles. Use right foot for one set, left foot for other set. Balls need to be passed with inside of foot.

Move partners about 5 yards apart. Pass ball between partners (on toes and bouncing). 2-touch...1st touch to control...2nd touch to pass back. Again, watch hips and non-kicking foot. Be sure pass goes straight. Use both feet. Once players become proficient, have them move back to 10 yards, 15 yards etc.

Have player A place foot on top of ball on touchline... player B tries to kick ball away from player A. Player A pulls ball back to prevent player B from getting ball. Player B can only get at ball when it is on touchline.

Throw-Ins. Have player on touchline throw ball in to partner standing 5 – 8 yards away. Be sure both feet stay on ground, and ball is thrown directly over the head. Throw to partners feet.

Miscellaneous

Feel free to add drills/games, etc....BUT....

Avoid, as much as possible, players standing in lines.

During games and scrimmages, do not assign players to offense and defense...everyone plays offense, everyone plays defense, but spread them out on the field, and work on getting them to stay spread out.

If one or two players are dominating games through better skills and/or athletic ability, that is fine, but work with that player on improved dribbling (step-overs,etc.) and having player make a pass to a teammate across or up field.

Finally, at every practice work on the Cruyff turn and have a cross bar challenge.

