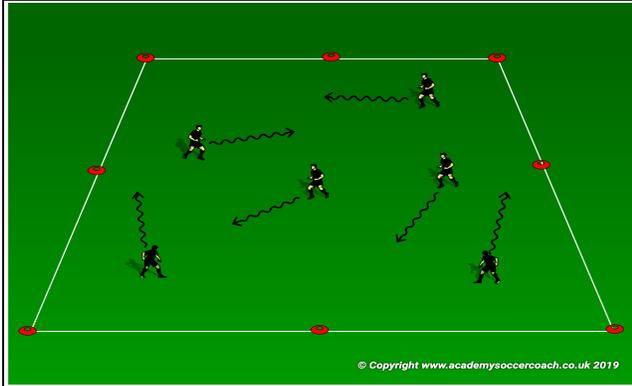


Topic: **Ball Control**

**How players become comfortable with the ball at their feet**



**Exercise 1 - U8-U10**

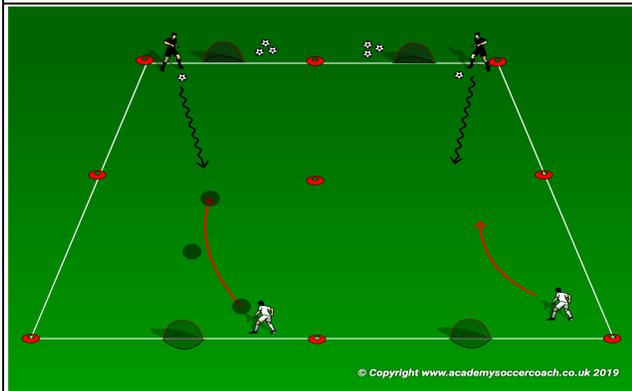
**Ball Control**

Sole turn, sole opposite turn, fake kick (Cruyf turn), sole only dribbling (roll over)

**Coaching Points:** Player should keep head up, clean touches on the ball, knees ben for balance.

Work as hard as you can for 30 or less second at a time, increase effort as you progress, light on toes.

Make sure positive comment are made.



**Exercise 2 - U12**

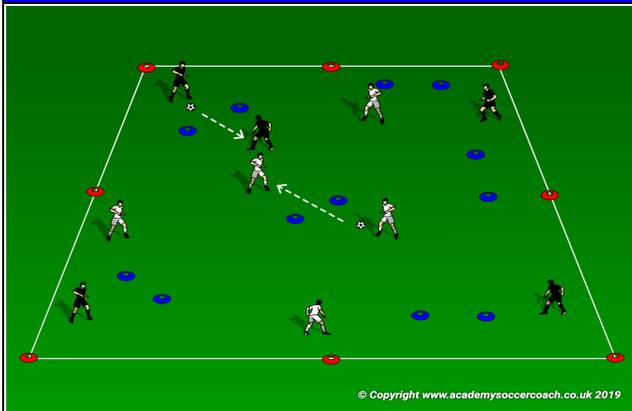
**Ball Control**

**1v1 Small Goals - Multiple 20x15 yard grids (depending on numbers)**

Play begins with attacker dribbling ball from his/her goal and defender stepping out from goal. 2 minute games then switch attack and defense

Total 15 minutes

**Coaching Points:** Attacker should change spped and direction to get by defender. Should not worry about losing ball. No consequence i player does lose ball. Attacker should keep the ball close to feet and body. They do this by doing the move early, avoid getting close to the defender so they don't have a chance to tackle ball away



**Exercise 3 - U14**

**Ball Control**

**Dribbling/Passing through multiple GATES**

- Place small goals/gates randomly throught out the field
- Field size adjusted according to number of players. One minute games
- Each team starts with a ball
- Aim is to pass ball and try to get through as many goals/gates as possible

**Coaching Points:**

- Manipulating the ball in order to avoid pressure
- Work full speed, change of direction, turning and accelerating



**Exercise 4 - ALL AGES**

**Ball Control**

**Scrimmage/FREE PLAY**

Scrimmage/Free Play with emphasis on contolling possession of the ball within your designated team.

Dribble or Pass, how do we keep possession. Know the cues of when to dribble to possess, and when to pass.

Allow the players to play with minimal interuption. Let them learn and progress noticing their mistakes.

This exercise can be done at the beginning and the end of training, again, with the focus on controlling the ball through various avenues.