

# Ball Control Practice Session (90 minutes)

## Warm up – FIFA 11 (10 minutes)

**Introduce theme of practice:** Ball control

**Coaching Points:** Keeping the ball close, soft touch, cushioning the ball, heel down toe up on first touch.

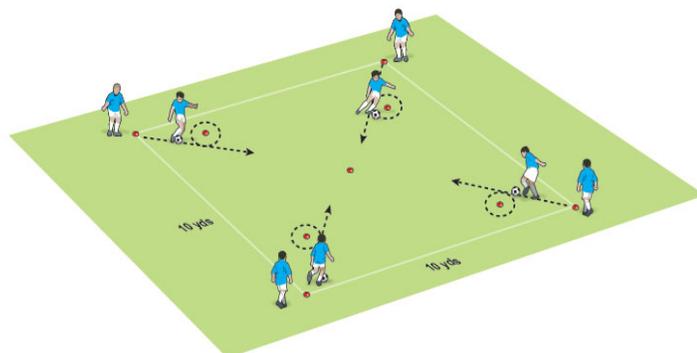
## Activity: Ball control warm up in circle (15 minutes)

1. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes.
2. Juggle for 1 minute using feet only trying to alternate from right to left.
3. Dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
4. Juggle with their thighs and feet for 1 minute. Again instruct players to switch feet while juggling.
5. Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.
6. After another minute of juggling, have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.



## Activity: Turn and turn again! (15 minutes)

**How to play:** Set out a 10 x 10-yard area with cones on the corners, one in the centre and a cone slightly to the left half way to the centre for each player to run around. Players work in pairs from each corner cone. When you say “go”, the first player in each pair dribbles to, and around, the first cone, then dribbles on to the centre cone. When the players get to the centre cone they stop the ball and turn and dribble back to the first cone. At the first cone, the players pass to their partners who repeat the move. The first players must return to the starting cone quickly so they are ready to receive a pass from their partner and take another turn. Make into a competition if you want.



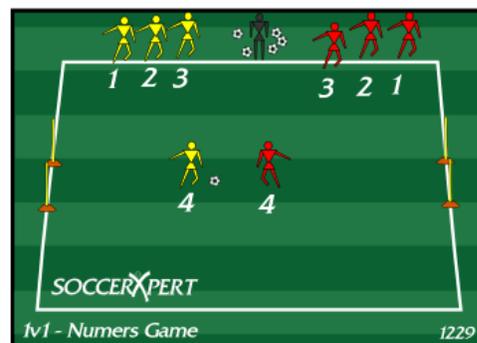
**Coaching Points:** Good first touch. Turn with good technique.

## Game: Numbers Game 1v1 Competition (20 minutes)

### How to play:

Create a small 1v1 field approximately 15X20 yards with two small goals on each end line.

1. Split the group into two even teams and assign a number to each player in each team. The coach throws the ball into the area and calls out a number.
2. Those players assigned to that number sprint onto the field and control the ball out of the air and play a 1v1.
3. The game continues until a team scores a goal or the ball goes out of bounds. Coach may wish to call 4 numbers to make it 2 v2



**Game: Small-sided soccer game (25 minutes).** Cool down.