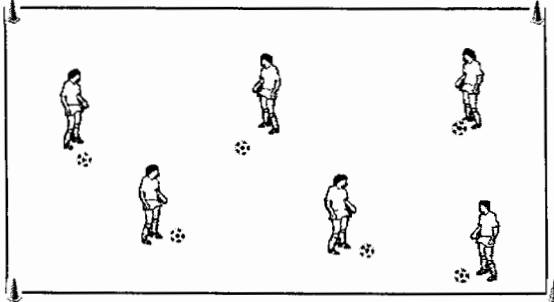


Ball Mastery Set Up

OPEN SPACE (Mon 9am-9:15am)

Size of Area 20 x 30

Set Up – Mark out grid with cones and have players spread out and find space. All players with a ball each.

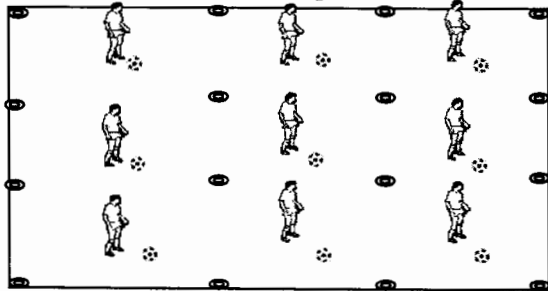


Action – Players perform ball mastery exercises in open space moving around grid

OWN GRIDS (Thurs 9am-9:15am)

Size of Area – 20 x 30yds

Set Up – Place cones down in 4 lines to create enough squares for 1 per player. All players with a ball each inside their own square.

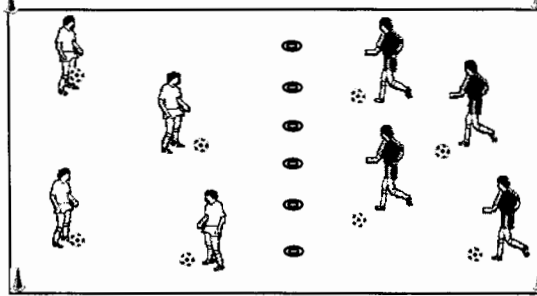


Action – Players perform ball mastery exercises in square. On coaches command of “Switch” players move into next square in a snake like fashion from back to front. Front right players joins the end.

TWO HALVES (Tues 9am-9:15am)

Size of Area – 20 x 30yds

Set Up – Place a number of cones down in a line to create 2 halves. All players with a ball each split into two groups in designated half

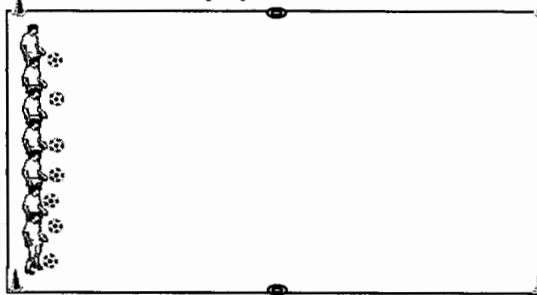


Action – Players perform ball mastery exercises in own half and on coaches command of “Switch” move into other half as quickly as possible.

ACROSS THE GRID (Fri 9am-9:15am)

Size of Area – 20 x 30yds

Set Up – Place cones down on 2 end lines and have all players with ball each lined up at one end. Number the players 1 & 2 across the line.

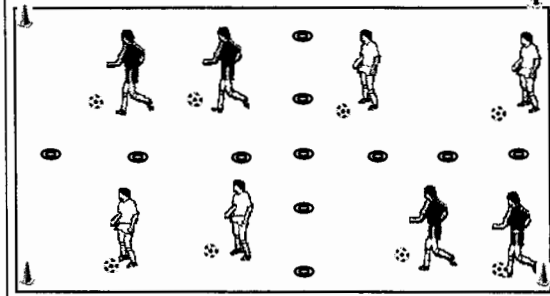


Action – Players perform ball mastery exercises in moving forwards to end line when their number is called. This delay allows you to look at players as they move across grid.

FOUR SQUARES (Wed 9am-9:15am)

Size of Area – 20 x 30yds

Set Up – Place cones down in 2 lines to create 4 squares. All players with a ball each split into 4 groups in designated square (numbered 1-4)



Action – Players perform ball mastery exercises in square. On coaches command of “Switch” players move into next square in clockwise direction.

The goal with the Ball Mastery exercises is to get multiple touches on the ball and have players build confidence with having the soccer ball at their feet. Each day try to limit the space by following the set ups on this page. By limiting space this will encourage the players to keep closer control of the ball. Be creative with the skills and work on combinations to encourage players to improve on their coordination between feet and ball.

BALL MASTERY EXERCISES

Heel/Toe Roll (Level 1)

- 1) Begin by standing behind ball
- 2) Place Heel of shoe on ball with toe pointing up
- 3) Roll ball towards you with foot moving down ball with the sole of your foot
- 4) End with toe on ball and repeat with ball from toe to heel back and forth 3-4 times and switch feet

Progression – Heel, toe and then place Knee on ball

Pendulums (Level 1)

- 1) Begin by standing with ball between your feet
- 2) Knees slightly bent and feet turned inwards
- 3) Tap the ball from one foot to another
- 4) Repeat tap back to the other foot and try to develop a smooth back and forth rhythm

Progression – Eyes looking forward
Move ball backwards and forwards

Pull Push Forwards (Level 1)

- 1) Begin by standing behind the ball
- 2) Place heel of shoe on ball with toe pointing up
- 3) Roll ball towards you and take foot off ball
- 4) Point toe down locking ankle
- 5) Push ball forward 6 inches with laces and stop with the sole of the foot and repeat 3-4 times each foot

Progression – Alternate feet with ball moving forwards

Inside/Outside Roll (Level 1)

- 1) Begin by standing behind ball
- 2) Place one foot on top of the center of the ball
- 3) Roll foot across ball from side to side always keeping the foot on the ball
- 4) Hopping on non kicking foot

Progression – After 3-4 times roll ball from left to right foot and continue before rolling ball back

Sideways Rolls (Level 1)

- 1) Begin by standing directly behind the ball
- 2) Roll the right foot up and over the ball making it roll to the left in front of the left foot
- 3) Once your right foot has come back to the ground, quickly move your left foot to the left
- 4) Repeat roll with right foot in same direction

Progression – 10 rolls, change direction w/left foot

Pull Push Inside/Outside (Level 2)

- 1) Begin with ball 1 foot in front and to the left
- 2) Keep your left foot planted reach across with your right foot, place heel of shoe on ball with toe pointing up
- 4) Roll ball diagonally back in towards you
- 5) Taking right foot off ball, push ball diagonally in front to the right using the inside of your right foot.
- 6) Quickly reach across with your left and repeat coming back the way you came
- 7) Pull inside, Push Outside

Circle Roll (Level 1)

- 1) Begin by standing behind the ball
- 2) Place one foot on top of the center of ball
- 3) Roll foot around the top of the ball in circular motion using all part of the sole of the foot.
- 4) Hopping on non kicking foot, change direction of movement from clockwise to counter clockwise

Progression – Roll ball from left to right foot

Big Toe, Little Toe (Level 1)

- 1) Begin by standing directly behind the ball
- 2) With the big toe of the right foot tap ball gently to the left and then quickly tap gently with the outside of the little toe to the right
- 3) Always hopping on left leg to get right foot in position to move ball in a tight zig zag fashion forward

Progression – Tap ball twice w/big toe then twice With little toe

Pull Push Behind (Level 2)

- 1) Begin with ball in between feet
- 2) Place heel of right foot on center of ball
- 3) Roll ball behind left foot ending with toe on ball
- 4) Take toe off ball and quickly use the inside of big toe to push ball inside behind left foot
- 5) Move left foot quickly to squish ball with sole and repeat 3-4 times and switch feet

Progression – Quickly change 1 w/ left, 1 w/ right

Sole Taps (Level 1)

- 1) Begin by standing behind the ball
- 2) Then place one foot on the ball and quickly change feet by hopping off your standing leg
- 3) Your standing foot now rests on top of ball
- 4) Repeat motion with feet crossing mid air

Progression – Move around ball in a circle
Move ball forwards and backwards

Figure Eight (Level 2)

- 1) Place two cones 8 yards apart
- 2) Dribble the ball in a figure 8 pattern around the cone using the inside and outside of the right foot
- 3) Use gentle touches on the ball and lower your body and bend your knees slightly as you turn

Progression – Use left foot only
Use only the outside of both feet
Use only the inside of both feet

Juggling Ball (Level 2)

- 1) Begin with ball in hands and taking 1 touch and letting the ball bounce and repeat
- 2) Make sure knees are bent and try to make soft touches on the ball to keep it close to body
- 3) Experiment with different surfaces trying to build up from one touch bounce to two touch bounce etc.

Progression – No bounces

TURNS

Inside Cut (Level 1)

- 1) Begin by dribbling the ball forwards
- 2) Slow down, shorten strides and reach around the furthest side of the ball with the inside of your foot
- 3) Using 1 sharp cut with the inside of your foot, turn your body 180 degrees
- 4) Pivot your standing foot to face back in the direction from which you came
- 5) Coordinate cut and pivot to achieve sharp turn

Outside Cut (Level 1)

- 1) Begin by dribbling the ball forwards
- 2) Slow down, shorten strides and plant your left foot and reach around the furthest side of the ball with the outside of your right foot
- 3) Pointing your toes up turn your right foot to the right as far as possible
- 4) Using a sharp cut with the outside of the foot flick the ball 180 degrees in the opposite direction

Drag Back Turn (Level 1)

- 1) Start with ball 1 yard in front and walk up to ball and plant you're left foot with ball forward in your stance
- 2) Place your heel of your right foot on top of the ball
- 3) Roll heel to toe down the ball moving ball one to two yards behind you
- 4) As you roll ball turn right shoulder to the right to follow the ball and complete turn by facing the direction you came from

Step On Turn (Level 1)

- 1) Start with ball 3-4 yards in front of you
- 2) Walk up to the ball and step lightly on top of ball with your right foot with toes pointing forwards
- 3) Then take right foot off ball and plant in front of ball with toes still pointing forwards
- 4) As you land pivot quickly on your right foot to turn body around 180 degrees to now face ball
- 5) Bend knees and push ball away laces with your toes pointing down in the opposite direction.

U-Turn Stepmover (Level 2)

- 1) Start with ball directly in front of you
- 2) Bring right foot forward towards ball as if passing/shooting ball and bring foot over the ball and plant foot 3 inches on the opposite side
- 3) As soon as right foot lands, plant foot and pivot whole body around in a U shape to face the direction you were coming from
- 4) Bend knees as you land and lock right ankle forwards with toe down, push ball with front of foot.

Hook Turn (Cruyff) (Level 2)

- 1) Start with ball 1 yard in front and step toward ball and plant your left foot by the side of the ball
- 2) Bring right foot forwards as if to strike the ball
- 3) Swing over the ball and hook your right leg around the far side of the ball until your right knee is turned inward towards your left knee
- 4) Flick the ball back through your legs with the inside of your right foot and complete turn by spinning out to your left to face the direction you came from

Sideways Roll Slap Turn (Level 2)

- 1) Begin by standing directly behind the ball
- 2) Roll the right foot up and over the ball making it roll to the left in front of the left foot
- 3) Roll foot over ball 2-3 times and then as you roll foot over ball a 4th time when your foot comes over ball, lock ankle with toe pointing up slap ball back in the direction the ball came using the outside of the foot.
- 4) As you slap ball bend left knee to explode out of turn -This turn is used when shielding defender on left side

Pull Push Behind (Level 2)

- 1) Start with ball 1 yard in front and walk up to ball and plant you're left foot with ball forward in your stance
- 2) Place your sole of right foot, with heel of foot touching the top of the ball
- 3) Roll heel to toe down the ball rolling ball gently behind you only HALF a yard
- 4) As soon as you take foot off ball as it is rolling, quickly move right leg outwards and push ball inside behind your left leg with inside of big toe

DRIBBLE STOP DRIBBLE MOVE

Dribble stop Dribble (Level 1)

- 1) Begin by dribbling ball forwards
- 2) Stop ball dead by planting your non-kicking foot alongside the ball and placing other foot on ball
- 3) After a split second pause continue by pushing the ball forward with the foot that stopped the ball
- 4) Make sure ankle is locked forward and toes is pushed down as you push the ball away with the front of your foot

Pull Push (Level 1)

- 1) Begin by dribbling ball forwards and stop ball dead 6-10 inches in front of you
- 2) Place heel of shoe on ball with toe pointing up
- 3) Roll ball back towards you and when ball is level with non-kicking foot, dip head down and shift your body weight forwards
- 4) Point toe down locking ankle
- 5) Push ball forward 6 inches with front of foot and accelerate forwards 5 yards

High Wave (Level 1)

- 1) Walk up to ball and plant left foot 6 inches behind and to the side of the ball
- 2) Reach over the top of the ball with your right foot making sure you do not land the foot on the ground
- 3) Quickly bring foot back over ball locking ankle forwards and pointing toe down as you move foot
- 4) Continue forwards by pushing ball in front 3-5 yards with the front of the foot and accelerate away.

Fake Inside Cut (Level 2)

- 1) Walk up to ball and reach around the far side with the inside of your big toe of the right foot.
- 2) Do not touch ball, Fake as if you are going to cut ball back in opposite direction
- 3) Bring right foot back behind the ball and push the ball forwards continuing in same direction using the front of the foot with the ankle locked forward
- 4) Perform same move now with ball moving forwards

FEINTS (1v1) MOVES

<p><u>Lunge (Level 1)</u></p> <ol style="list-style-type: none"> 1) Start with ball 2 yards directly in front of you 2) Walk up to ball and plant left to the left side of ball with toe pointing at a 45 degree angle to the left 3) Dip your shoulder to the left to fake a move in that direction and bend at your left knee 4) Move your right foot behind the ball and use the outside of the little toe to push the ball forwards at a 45 degree angle to the right 5) Explode with a spring from your left leg over 5 yards 	<p><u>Scissors (Level 1)</u></p> <ol style="list-style-type: none"> 1) Start with both feet to the right of the ball 2) Cut around the inside of the ball with your left foot and plant the foot 12 inches to the left 3) As you plant, shift body weight to the left leading with a dip in the shoulder faking to go left 4) Quickly bring the right foot behind the ball and use the outside of the little toe to move the inside of the ball forwards at a 45 degree angle 5) Explode forwards after 1st touch over 5 yards 	<p><u>Double Scissors (Level 1)</u></p> <ol style="list-style-type: none"> 1) Same principle as the Scissors 2) Now instead of faking with the scissors to left and taking ball right, now fake with a scissors left and then fake with a scissors right 3) Bring left foot behind the ball and use the little toe to move the inside of the ball forwards at a 45 degree angle to the left 4) Be sure to quickly shift body weight side to side
<p><u>Stepover (Rivelinho) (Level 1)</u></p> <ol style="list-style-type: none"> 1) Start with both feet to the right of the ball 2) Bring right foot forward towards ball as if passing/shooting ball and bring foot over the ball and plant foot 3 inches on the opposite side 3) As you are doing this, slide your left foot across the back of the ball until it is 12 inches to the other side 4) Move ball forwards to the right at a 45 degree angle with the outside of the little toe 5) Explode over 5 yards to complete move 	<p><u>Roll Over Stepover (Level 2)</u></p> <ol style="list-style-type: none"> 1) Begin with left foot planted 6 inches to the side and behind the ball 2) Place sole of right foot on ball and roll ball diagonally at 45 degree angle to left in front of left foot 3) As you are rolling ball quickly plant right foot down in direction of the ball 4) As ball comes across, step over the top of ball with left foot allowing the ball to continue in same direction 5) Push ball in same direction with outside of left foot 	<p><u>Touch & Hop (Matthews) (Level 2)</u></p> <ol style="list-style-type: none"> 1) Begin by standing with ball between toes 12 inches apart and be on your toes 2) Using the inside of the big toe, touch ball very lightly forwards at a 45 degree angle no more than 6 inches. 3) At same time make a big hop sideways to the left with your left foot dipping left shoulder as you hop 4) Bending right knee as you land, push off with your left foot and move ball forwards at a 45 degree angle with your right foot using the outside of the little toe
<p><u>The Snake (Rondalinho) (Level 2)</u></p> <ol style="list-style-type: none"> 1) Begin by practicing cutting ball with outside of little toe of right foot and then quickly with inside of big toe of right foot at 45 degree angles with tiny touches 2) Now place outside of little toe on the inside of the ball and keeping foot in contact with the ball roll foot around so that the inside of big toe is on the opposite side of the ball 3) Flick ball forwards at a 45 degree angle big toe 4) Repeat trying to get one fluent motion! <p>Progression –</p>	<p><u>Marradona Spin (Level 2)</u></p> <ol style="list-style-type: none"> 1) First place both feet behind the ball 2) Gently step on the ball with the sole of your right foot 3) Hop over the ball by pushing off from your left foot turning in the air to face the opposite direction 4) Land with your left foot on top of the ball and your right foot planted 5) Now roll the ball backwards with your left foot, opening your body so it rolls in front of you. 6) Complete move by turning as ball rolls in front of you 	<p><u>The Double Touch (Beardsley) (Level 2)</u></p> <ol style="list-style-type: none"> 1) Walk up to ball and reach around the far side with the inside of your big toe of the right foot and cut ball 6 inches directly back along the line you were going. 2) Your body should be swiveled back to face direction you came from 3) Now reverse the Swivel and quickly cut the ball back towards your target with the inside of the big toe of your left foot 4) Accelerate away after the touch forwards