

INVICTUS

SPORTS PERFORMANCE AND FITNESS



Soccer Ball Handling Drills






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













Ball Control Drills and Games

Select from a large variety of Ball Control drills and games to custom design your own practice sessions. There are fun and challenging practices for every age and skill level.















Advanced

-  Ball Exchange Juggle One Bounce Head -
-  Chest - Return
-  Chest Control and Volley Chelsea
-  Aerial Control Drill Control Zig
-  Zag Drill

Intermediate

-  Volley Control Drill Soccer
-  Tennis
-  Wedge Control and Turn Rotary
-  Thigh Drill
-  Rotary Chest Drill
-  Cushion Control using the Thigh Mechanics
-  Cushion Control using the Thigh Running Small
-  Group Relay Cushion Thigh
-  Cushion Control using the Chest Mechanics
-  Cushion Control using the Chest Relay Control,
-  Turn and Pass
-  Wedge Control using the Foot
-  Wedge Control using the Foot Under Pressure Ball
-  Control Gates

Fundamental

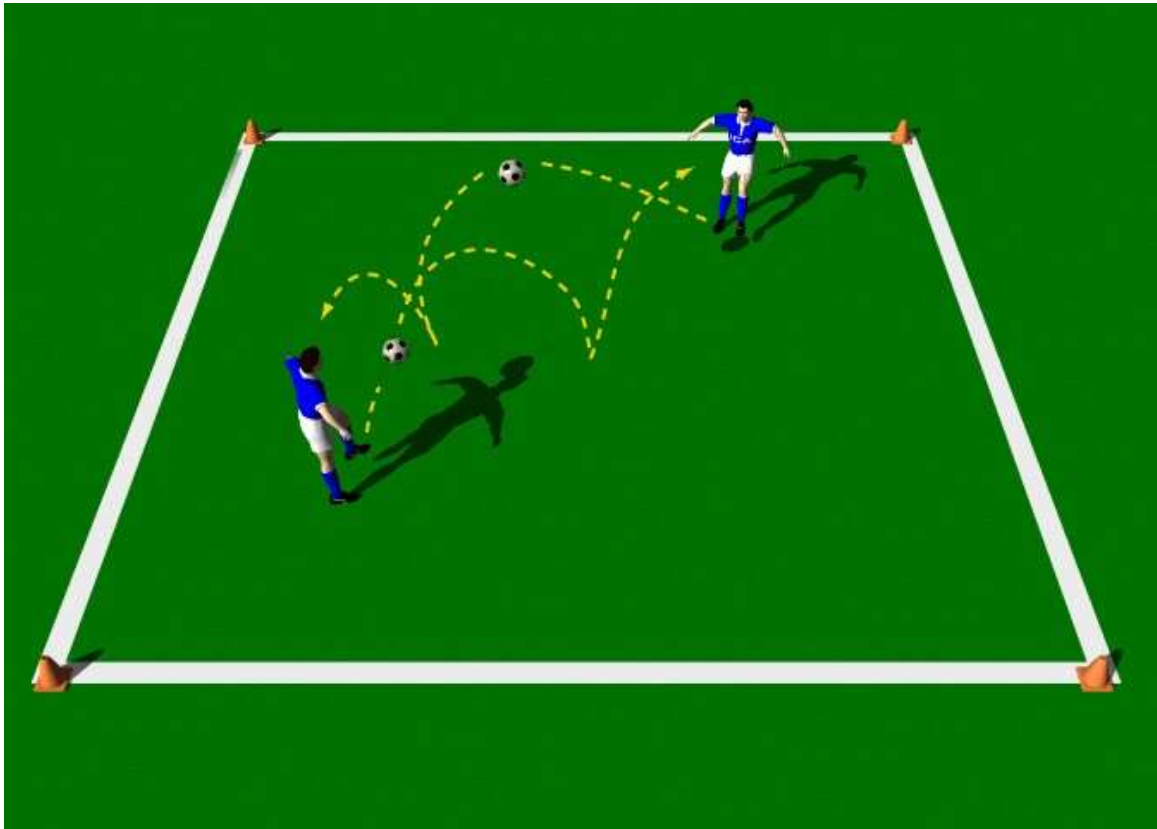
-  Getting behind the Ball
-  Cushion Control Inside Foot Mechanics
-  Cushion Control Inside Foot Running Small
-  Group Relay Cushion Foot Cushion Control
-  Foot Mechanics Cushion Control Top of the
-  Foot
-  Small Group Relay Top of the Foot Cushion
-  Control Foot Pressure Training Control and
-  Turn
-  Control Relay Game
-  Catch The Egg Crabby
-  Patties Power Rangers
-  Catch the Bus Collect
-  the Coconuts

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SPORTS PERFORMANCE AND FITNESS

Advanced Ball Control

Ball Exchange Juggle One Bounce



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

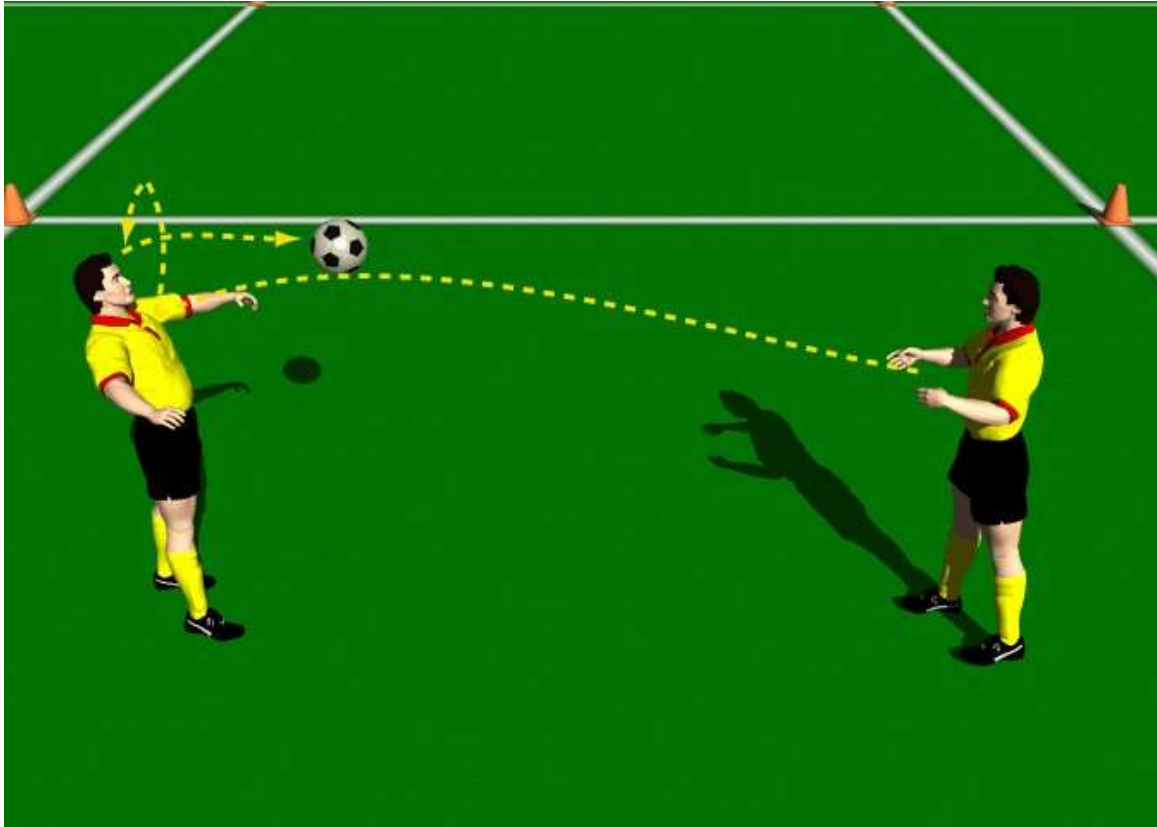
Field Preparation Divide

- ☐ players into pairs Area 10 x
- ☐ 10 yards
- ☐ 2 Balls

Coaching Pointers:

Players juggle the ball and in a synchronize fashion exchange balls while moving around the grid. Players should take 3 to 4 touches before releasing the ball. The ball is played up into the air and is allowed to "bounce once" before the partner controls the ball. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes. Player should try and maintain eye contact and communicate with each other.

Head - Chest - Return



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

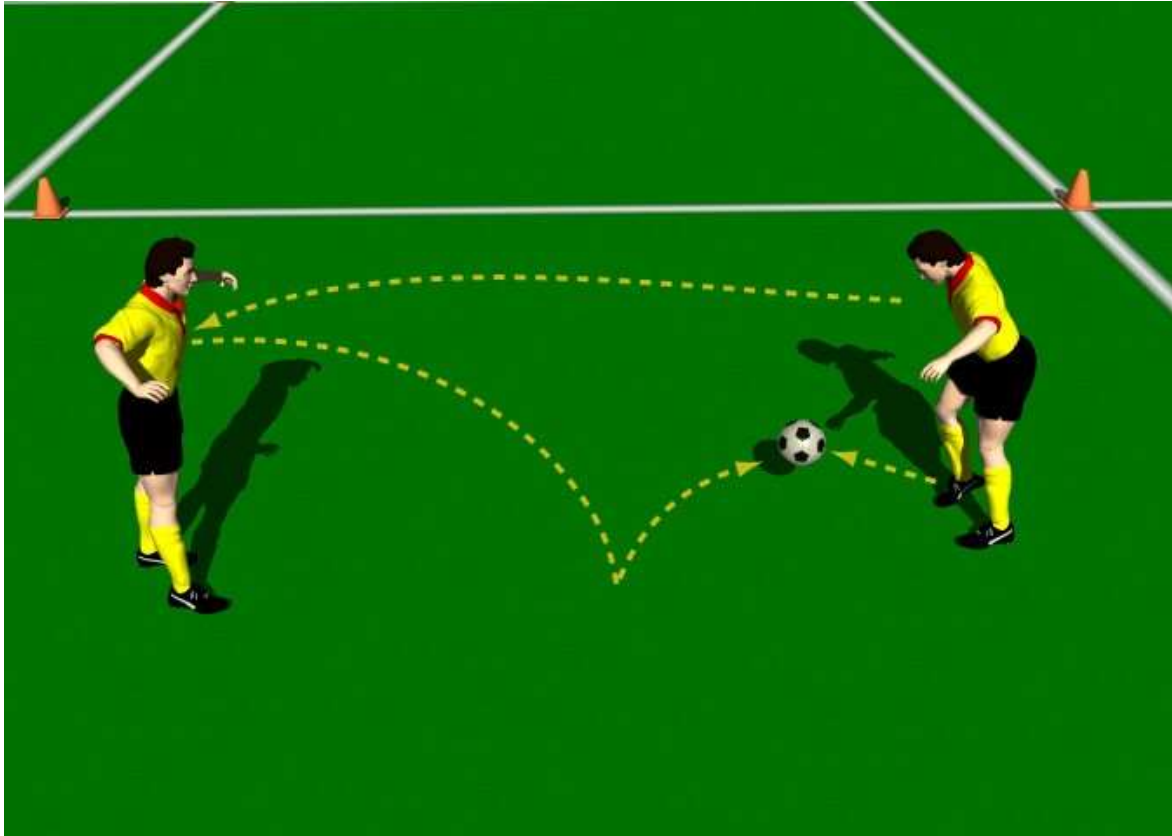
Field Preparation Divide

- ☐ players into pairs Area 10 x
- ☐ 10 yards
- ☐ 2 Balls

Coaching Pointers:

Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards. One player throws an underhanded serve to their partners chest. The receiving player must redirect the ball up into the air and head the ball back to their partner. Players should try and maintain eye contact and communicate with each other.

Chest Control and Volley



Exercise Objectives:

This practice is designed to improve the player's ball control and communicational skills.

Field Preparation Divide

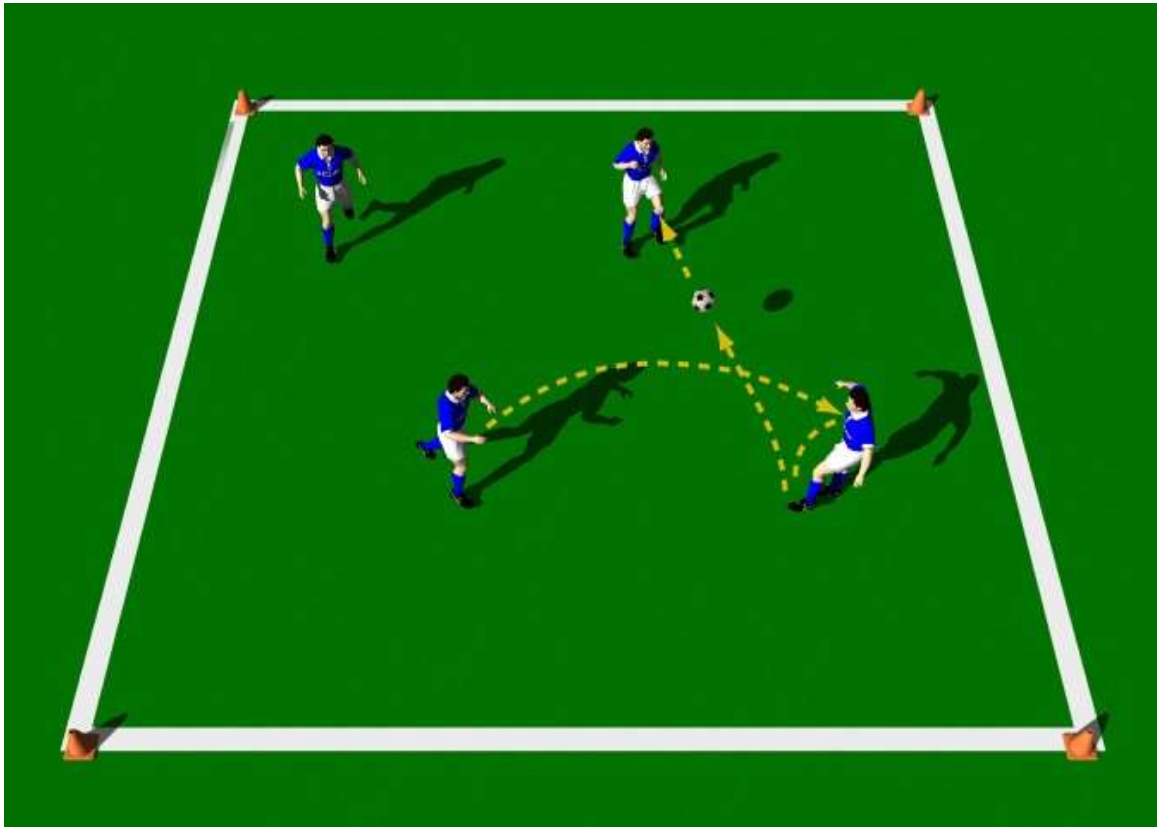
- ☐ players into pairs Area 10 x
- ☐ 10 yards
- ☐ 2 Balls

Coaching Pointers:

One player throws an underhanded serve to their partner's chest. The receiving player must redirect the ball off their chest and back to the receiver.

The receiver then volleys a return pass to their partner. Players should be constantly moving around the grid into new positions. The partners switch roles and continue this sequence throughout the exercise. Player should try and maintain eye contact and communicate with each other. Switch roles every 10 attempts.

Chelsea Aerial Control Drill



Objective of the Practice:

This exercise is great for improving each player ball control. Emphasis is placed on cushion control using the head, chest, thighs and feet.

Field Preparation:

- ☐ 4 Players
- ☐ 10 x 10 Yards
- ☐ Supply of Balls and Cones

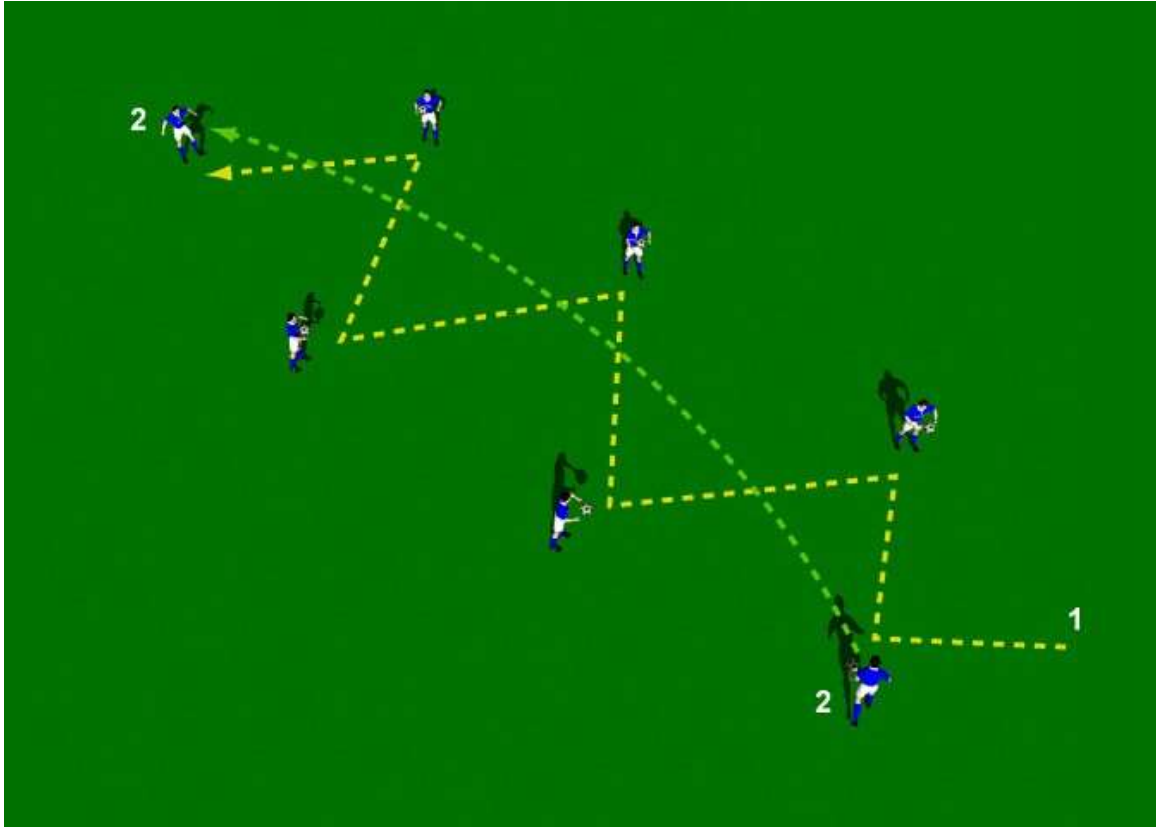
Coaching Points:

Four players are inside the square using one ball. The practice starts with the first player serving the ball with two hands to another player. The receiving player must control the ball using his head, chest, thighs or feet and volley for another player to catch. This sequence is repeated during the exercise.

Focus On:

- ☐ Be constantly moving, light on your feet! Good
- ☐ first touch, soft cushion.
- ☐ Communication.

Control Zig Zag Drill



Objective of the Practice:

This exercise is designed to work on each players' ball control and passing skills.

Field Preparation:

- ☐ 7-9 Players
- ☐ Work full length of the field Supply
- ☐ of Balls and Cones

Coaching Points:

The group starts at the end of the field and works it's way up the full length of the field. Players are staggered 15 yards apart with a ball each, as in the diagram above.

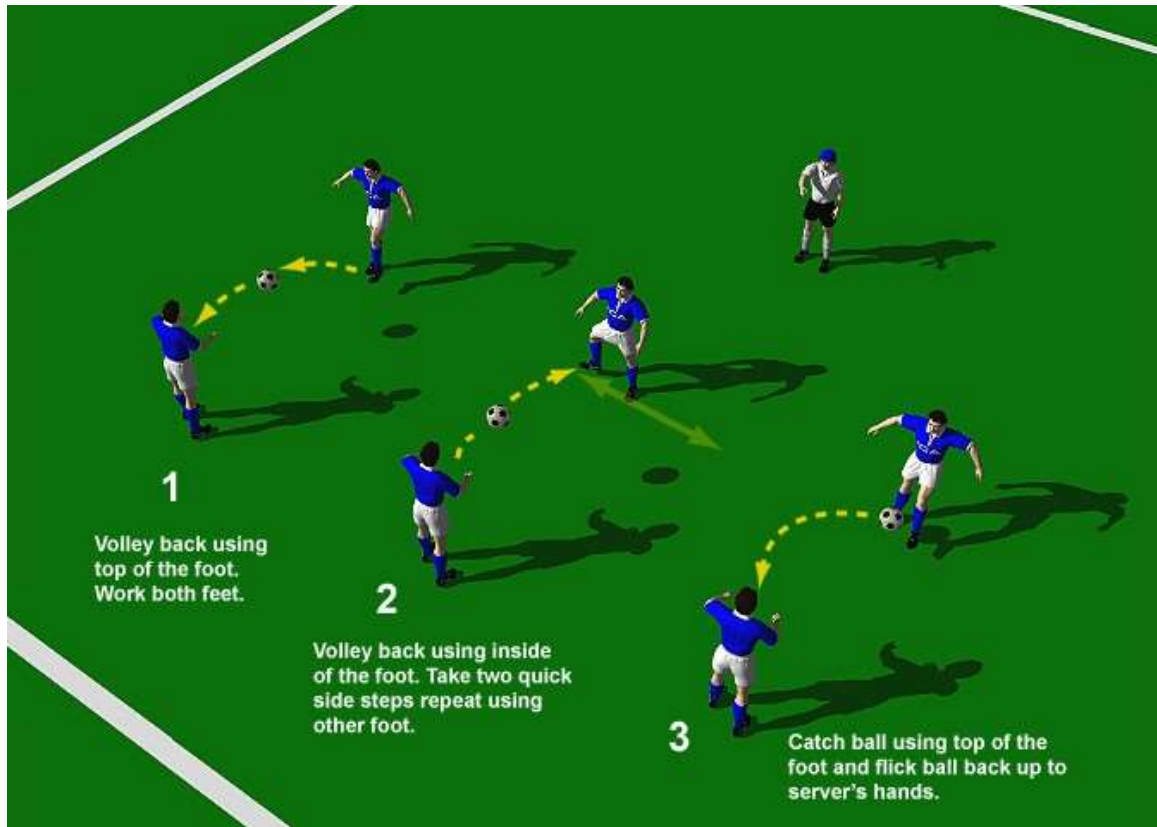
Player "1" starts the practice by running to the first player, receiving a ball from the server, playing the ball back and moving onto the next server in line. Player "1" works his way to the end of the line in a Zig Zag fashion. When player "1" get to the end of the line, player "2" crosses the ball for player "1" to catch. Player "1" is now a server and player "2" repeats the drill.

Sequence:

- ☐ Receive a ground pass from the server. Quick "**one, two pass**".
- ☐ Receive a ground pass from the server. Quick "**one, two pass**", **then run around** server. Receive a throw
- ☐ from the server and **volley back using inside or outside of the foot**.
- ☐ Receive a throw from the server and **half volley back using inside of the foot**. Receive a throw
- ☐ from the server and **control using chest then volley back**.
- ☐ Receive a throw from the server and **head back using inside of the foot**.

Intermediate Ball Control

Volley Control Drill



Objective of the Practice:

This activity helps the player improve their volleying ball control skills under rapid repetition.

Field Preparation:

- ☐ Entire group divided into pairs 20 x
- ☐ 20 Yards
- ☐ Supply of Balls and Cones

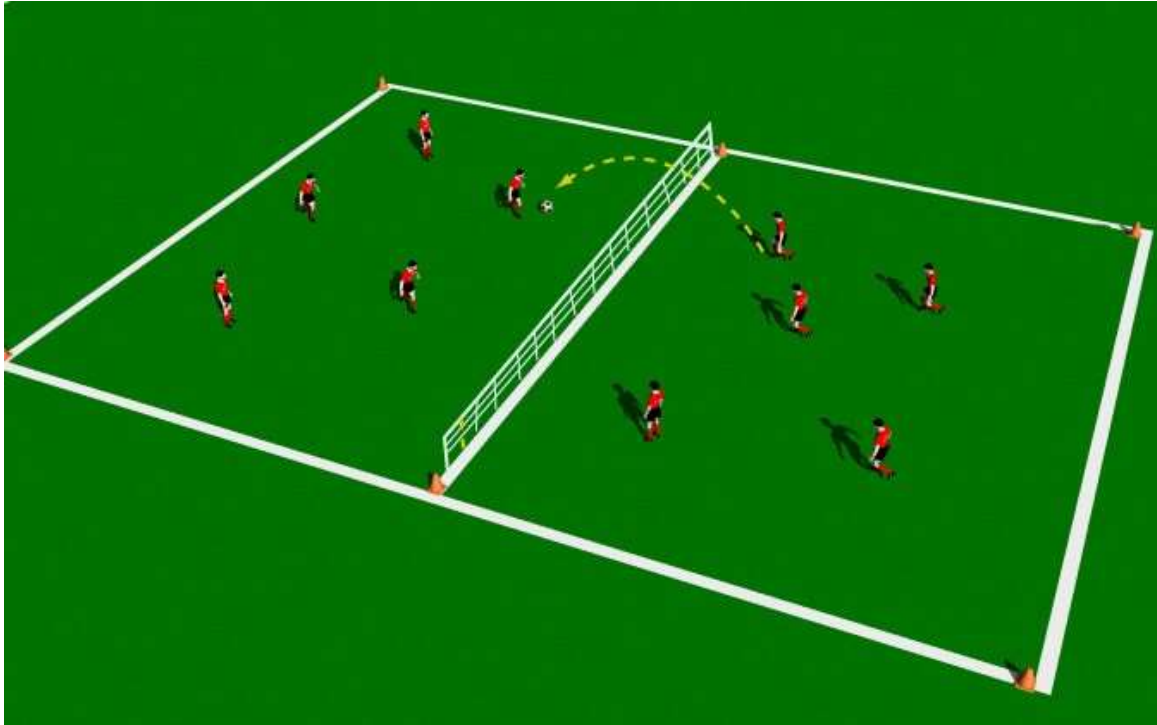
Coaching Points:

Sequence:

Do sets of 2 minutes and swap roles with your partner. On each drill the player serves using both hands.

- ☐ **Volley back** using top of the foot. Work both feet.
- ☐ **Volley back** using inside of the foot. Take two quick side steps repeat using other foot.
- ☐ **Catch ball** using top of the foot and flick ball back up to server's hands.

Soccer Tennis



Exercise Objectives:

This is a fun exercise designed to improve the player's aerial ball control and communicational skills.

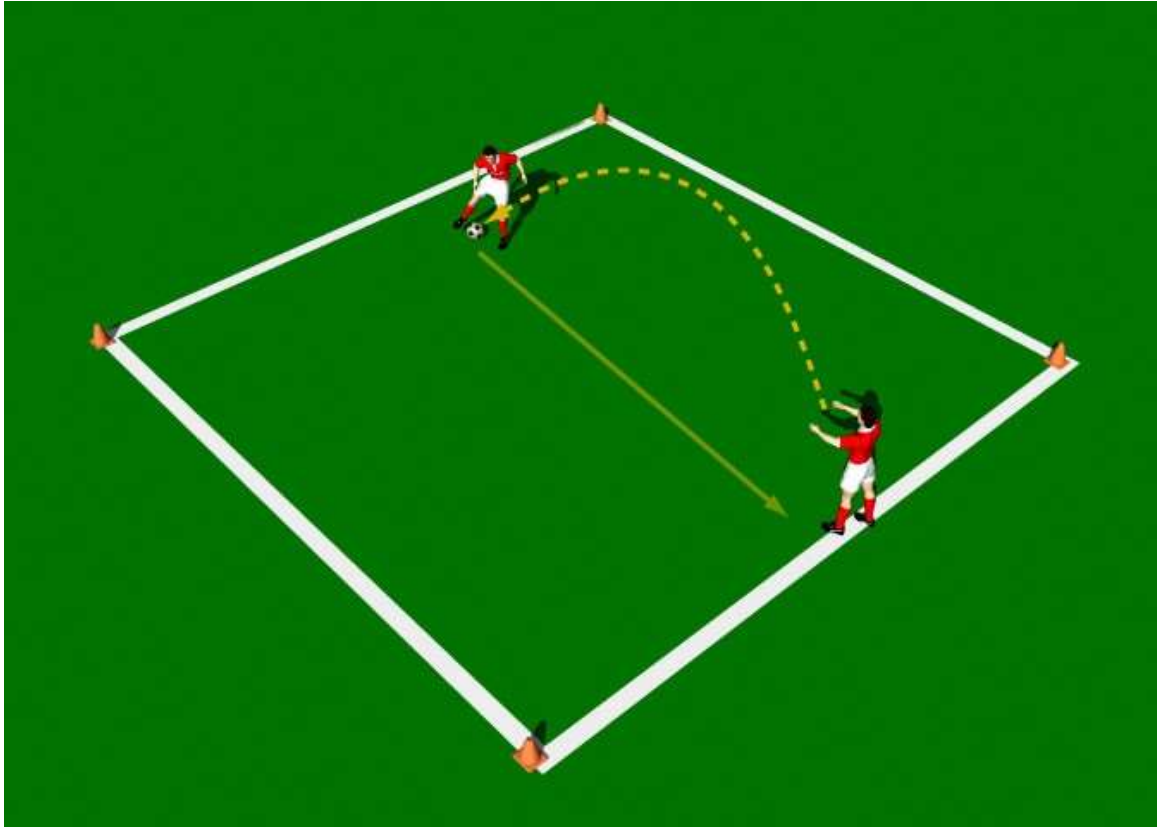
Field Preparation

- ☐ Divide team into two groups Area
- ☐ 10 x 20 yards
- ☐ Supply of Balls
- ☐ Volley Ball or Tennis Net

Coaching Pointers:

Split the group into two teams one on each side of the net. Team must have serve to win a point. Players can use their head, chest, thighs and feet to control the ball. The ball is only allowed to bounce 'once' in the area. Can use unlimited touches. First team to 11 points wins. Always rotate servers.

Wedge Control and Turn



Objective of the Practice:

This practice is designed to improve each player's Wedge Control technique while turning with the ball.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. Each player has a ball. The first player starts the practice by throwing a looped serve into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. His partner then repeats the practice.

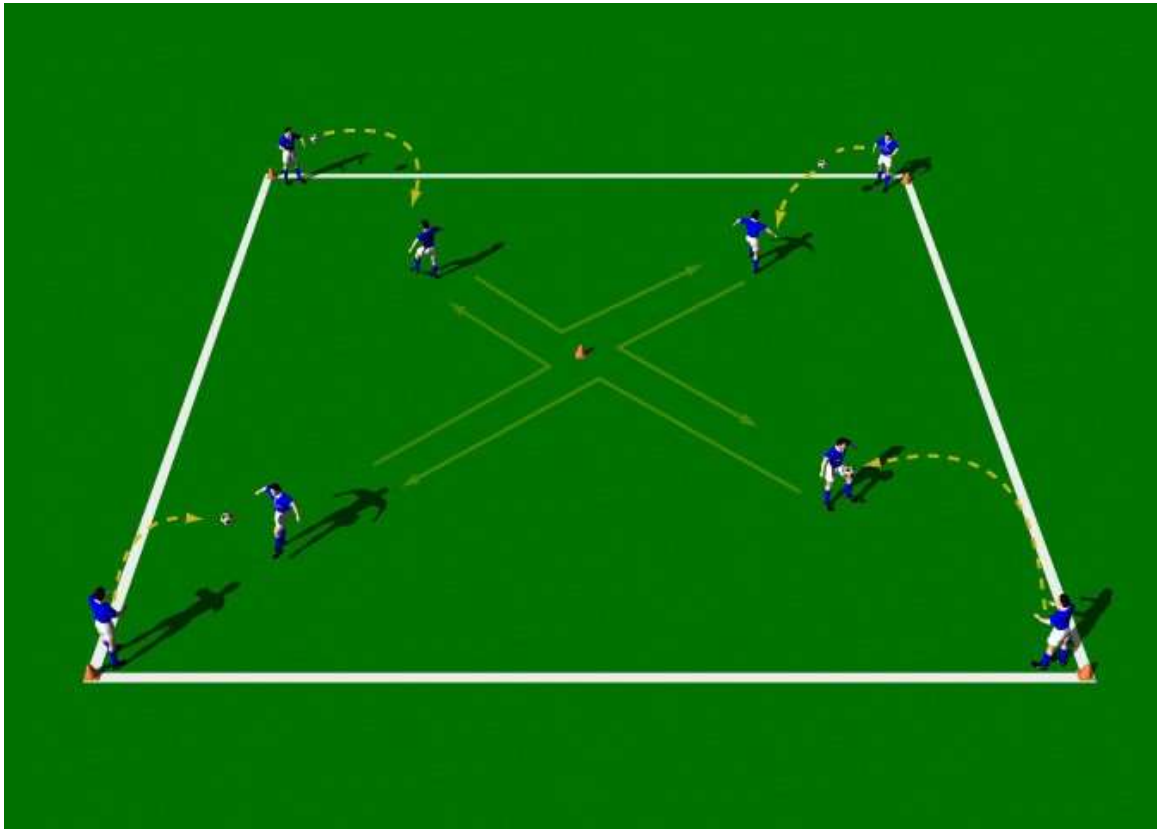
The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Throw the ball high enough to make the practice challenging.
- Decide by the flight of the ball which surface of the foot is to be used in the wedge control (inside or outside of the foot).
- The ankle of the controlling foot should be firm and not relaxed.

- Immediately on impact, redirect the ball away from the body and into available space. Do not withdraw the ball into the body. The ball should be redirected, not cushioned.
- Get the ball out of the feet far enough to enable to run comfortably in the intended direction.
- As the player is redirecting the ball on impact, the head and upper body should be over the ball.
- Get the head up and scan the play as the ball is directed out of the feet.

Rotary Thigh Drill



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Thigh".

Field Preparation:

Grid 20 x 20 yards. 8 players. Cones. 4 Balls.

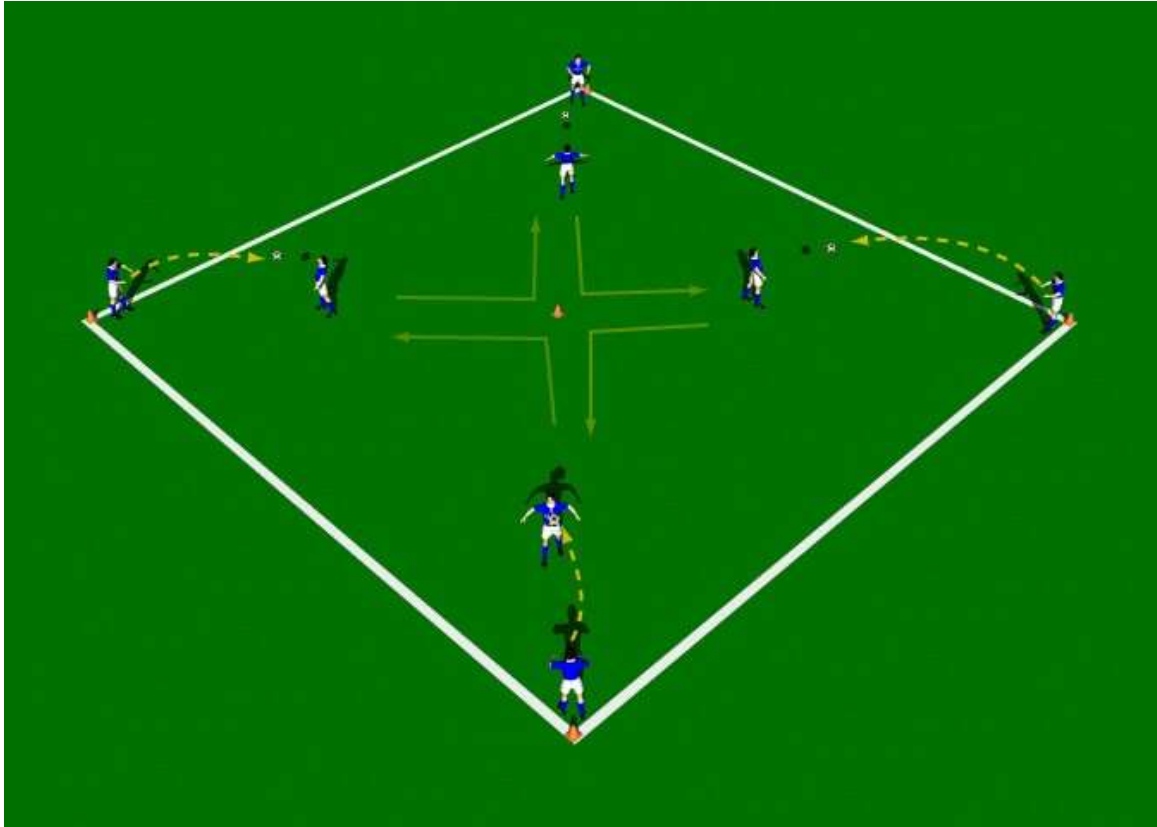
Coaching Points:

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers. The players in the center of the grid receive a high looped throw from the server. The player must prevent the ball from hitting the ground using the Cushion Control with the Thigh. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right.

The players continue for approximately 3 minutes.

Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant. A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.

Rotary Chest Drill



Objective of the Practice:

This practice is structured to improve the technical ability of the "Cushion Control using the Chest".

Field Preparation:

Grid 20 x 20 yards. 8 players. Cones. 4 Balls.

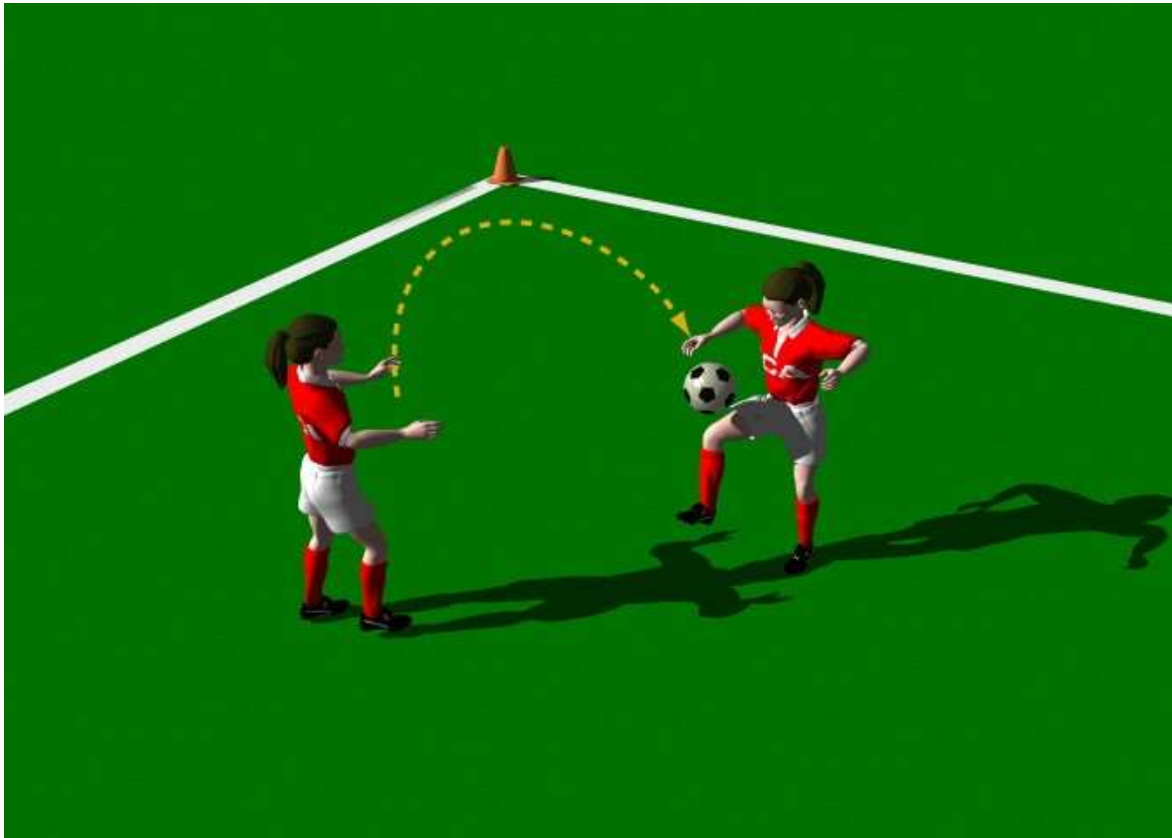
Coaching Points:

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball.

Four players start from the center cone, each facing one of the servers. The players in the center of the grid receive a high looped throw from the server. The player must prevent the ball from hitting the ground using the Cushion Control with the Chest. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right. The players continue for approximately 3 minutes.

Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant. A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.

Cushion Control using the Thigh



Objective of the Practice:

This practice is designed to improve each player's ability in Ball Control. The emphasis is placed on "Cushion Control using the Thigh".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

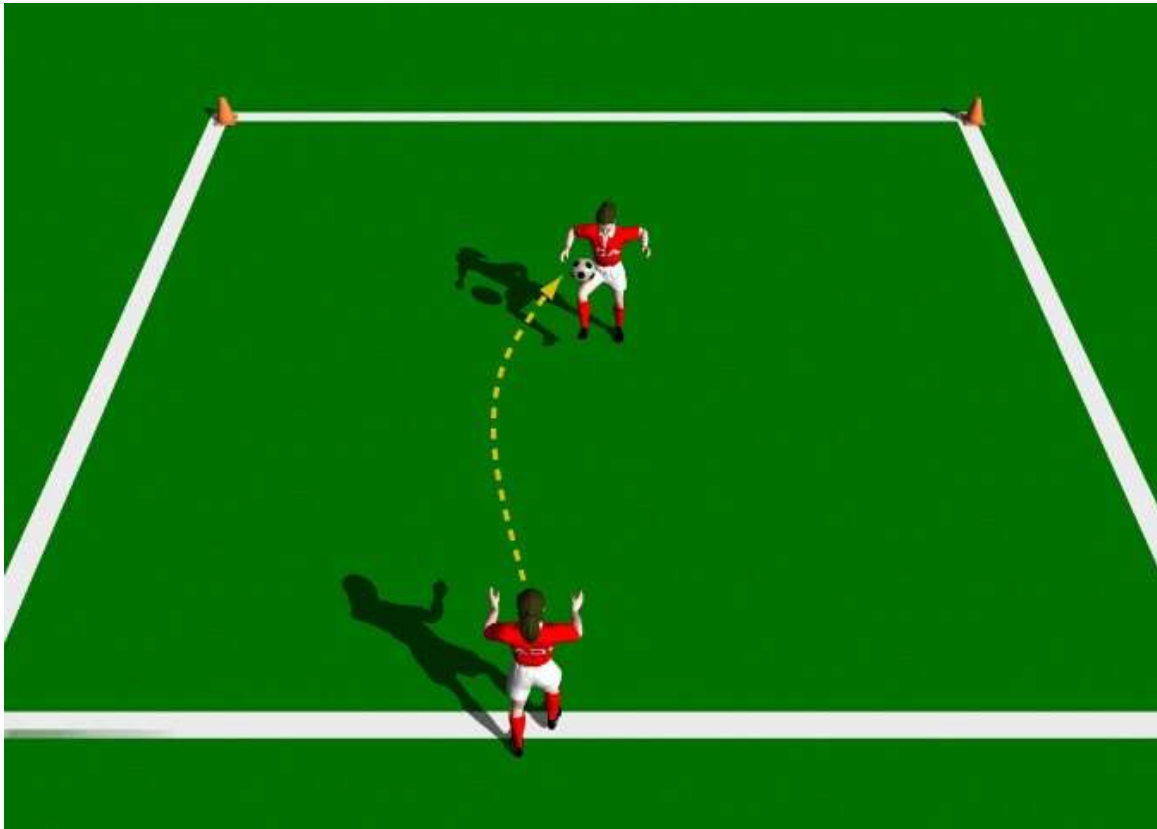
Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for their partner to control using the thigh.

The player controlling the ball should constantly be moving to get their thigh under the flight of the ball. On contact with the ball, the player immediately withdraws the thigh, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a high "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Cushion Control using the Thigh - on the Run



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Thigh”.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

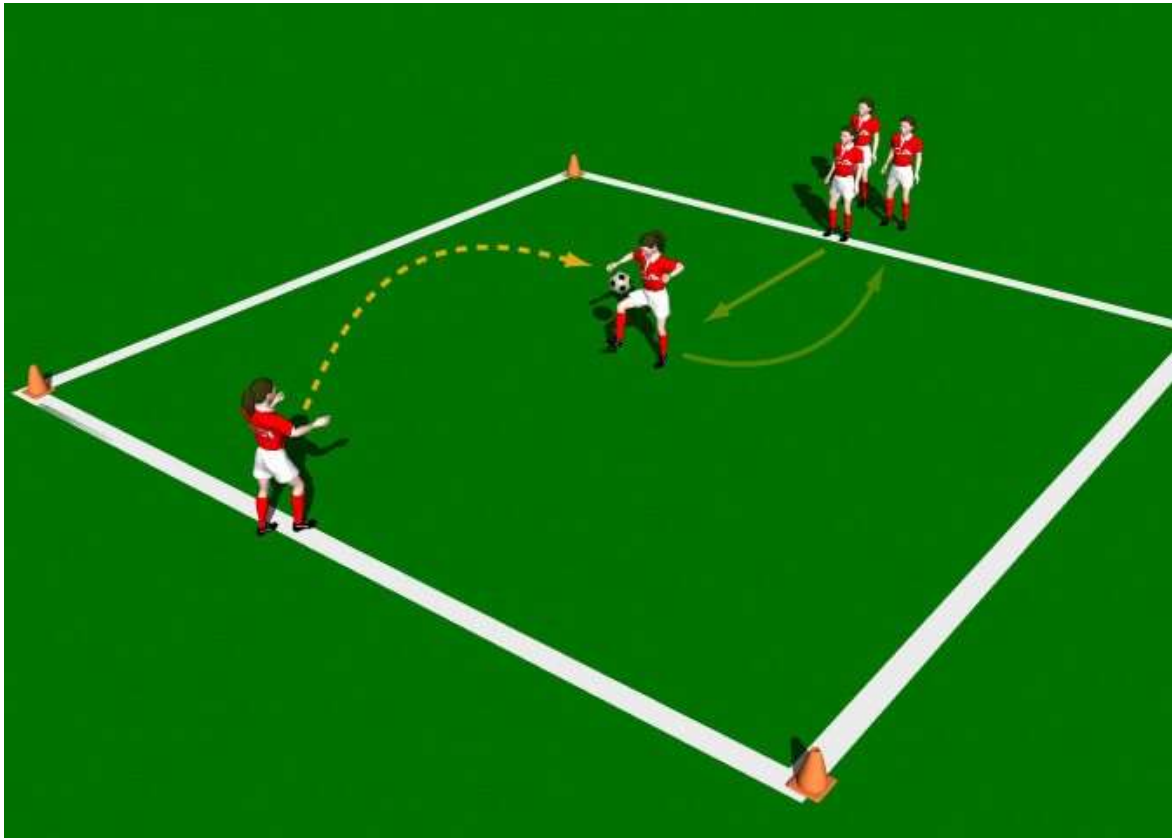
Two players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The player runs towards the server and receives the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups.

Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

Relay - Cushion Control - using The Thigh



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Thigh”.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

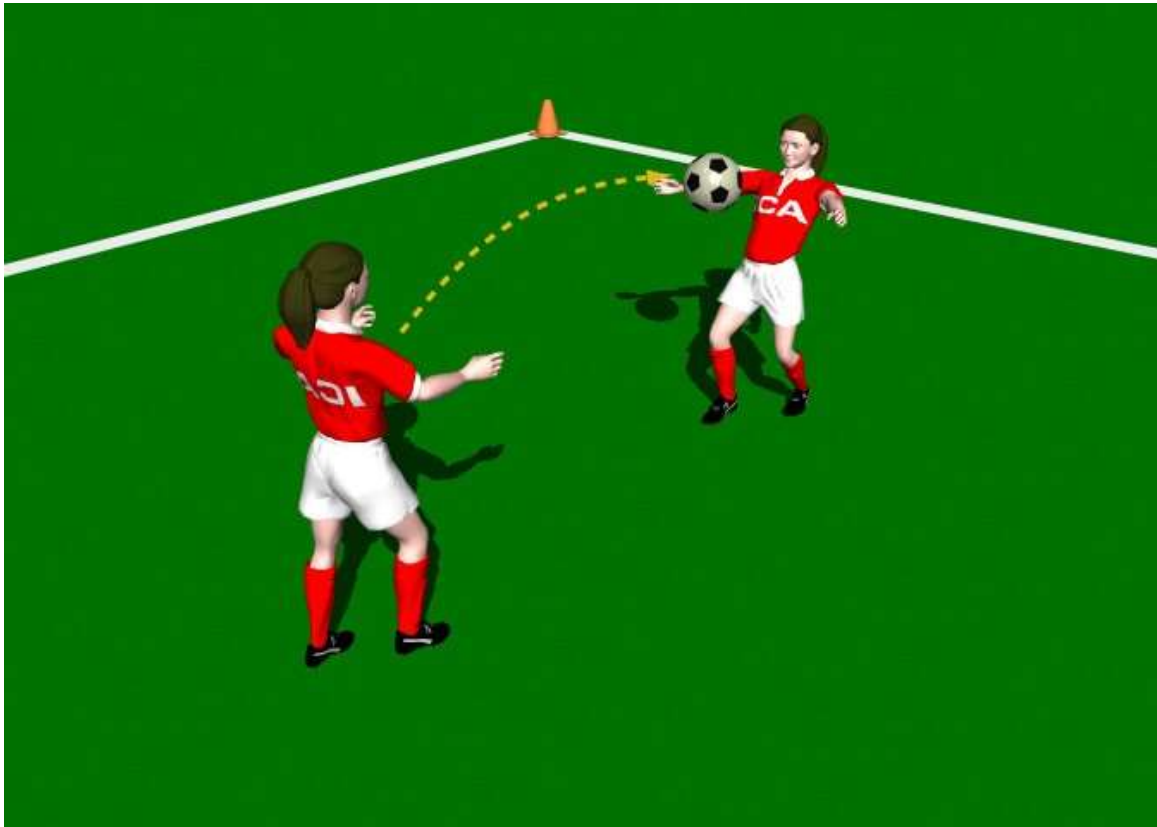
A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups.

Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Cushion Control using the Chest



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Chest".

Field Preparation:

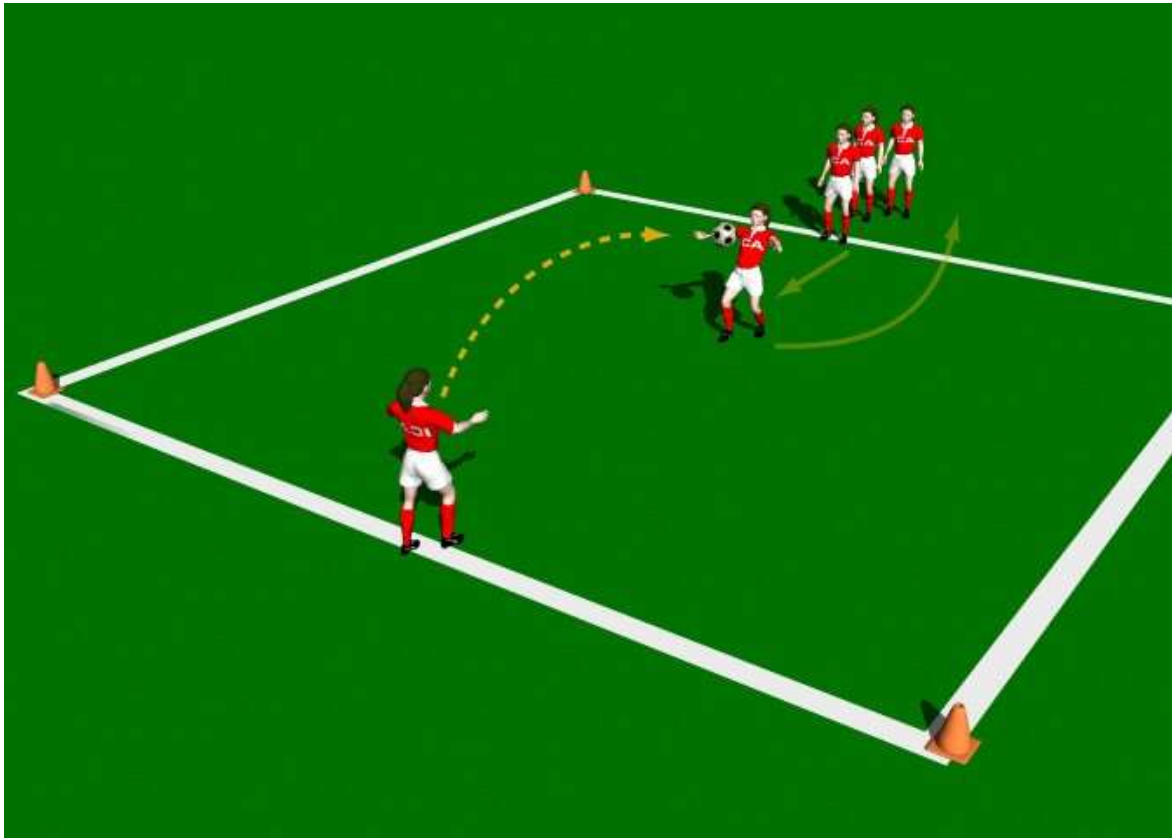
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height for their partner to control using the chest. The player controlling the ball should constantly be moving to get the chest under the flight of the ball.

On contact with the ball, the player immediately withdraws the chest, taking the pace off the ball, and cushioning it down to the ground. The player then passes the ball back to the server to repeat drill. Ensure that the serve is a high "looped" serve and not shallow. Players can keep score, one point for every successful control. Alternate roles so each player performs the drill.

Cushion Control using the Chest Relay



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Chest”.

Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

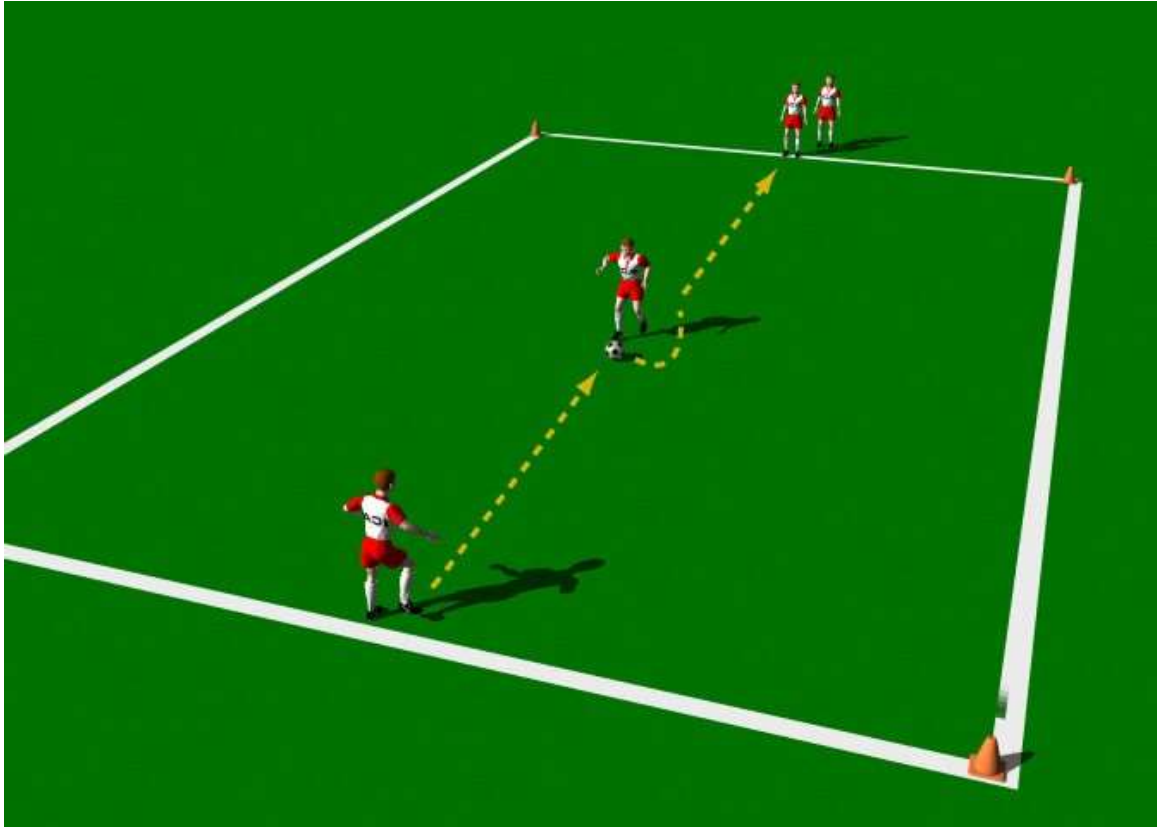
Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the chest. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Control, Turn and Pass



Objective of the Practice:

This practice is designed to improve each player's ability to control a pass played on the ground.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

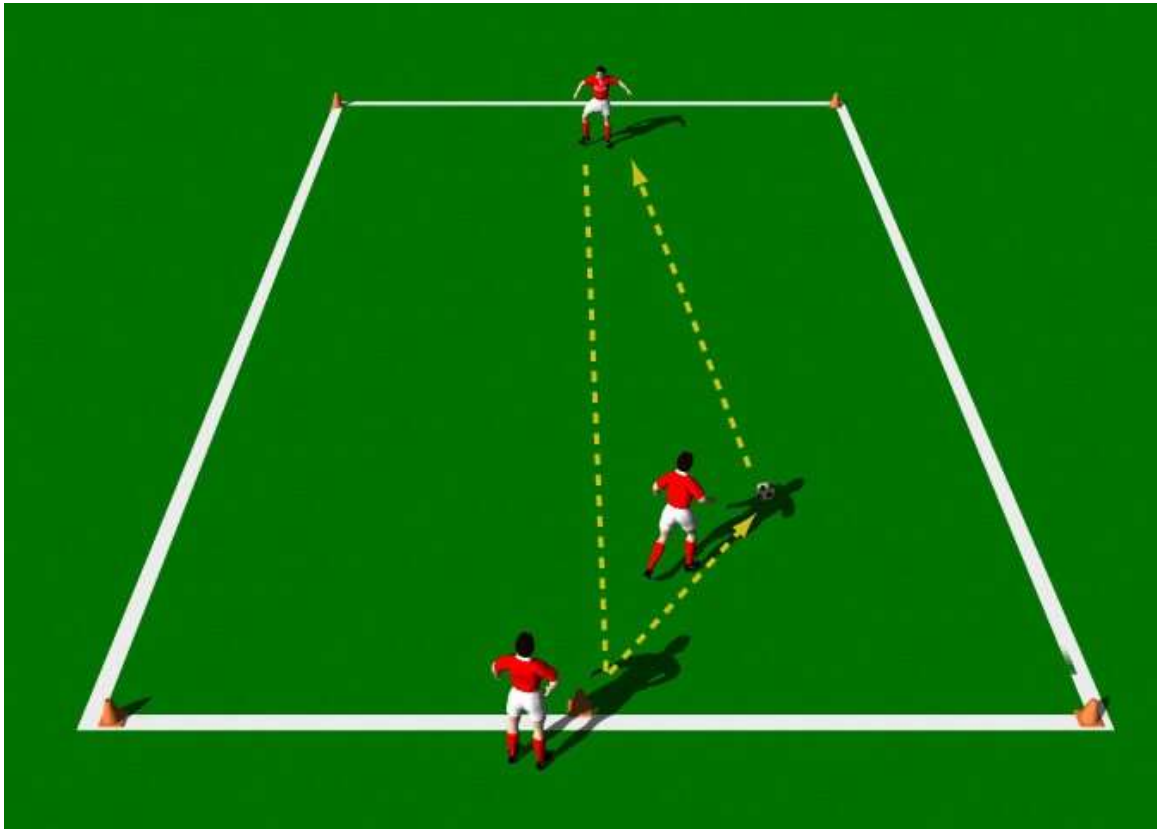
Small group of players per grid, using one ball. The grid should be 10 yards x 20 yards.

The players are positioned at one side of the grid facing the server. The player with the ball starts the practice by passing the ball to the server. The player follows the pass and receives a return pass from the server. The receiving player must control the ball as economically as possible, turn and pass to the next player in sequence. The player then returns to the starting position and the practice is repeated. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Demand the ball from the server. Call for the pass.
- Control and turn using either the inside or outside of the foot.
- Turn quickly and get the ball out of the feet.
- Try to turn and pass in two touches.

Wedge Control using the Foot



Objective of the Practice:

This practice is designed to improve each player's ability to master the Wedge Control technique.

Field Preparation:

Grid 10 x 20 yards. 3 players. Cones. 1 Ball.

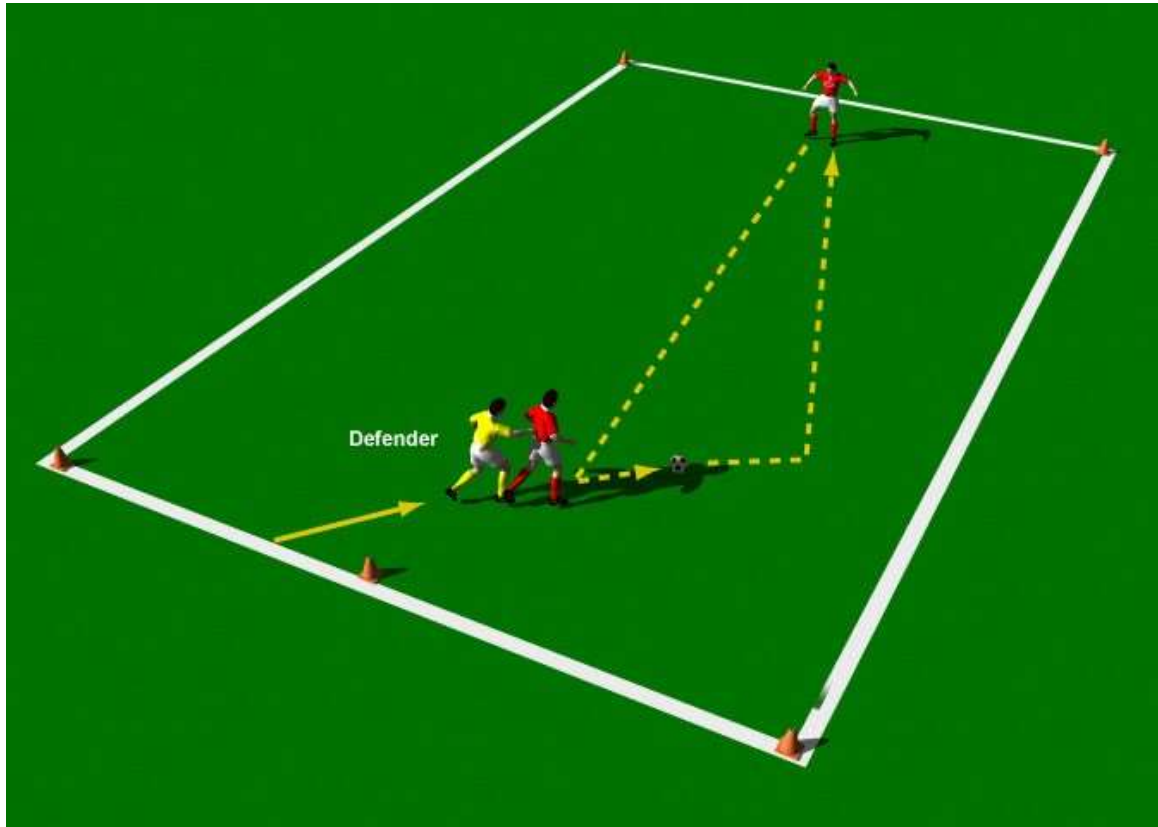
Coaching Points:

Three players per grid, using one ball. The grid should be 10 yards x 20 yards. Two players are positioned at one side of the grid facing the server. The first player runs towards the server and receives a pass into feet. The player must redirect the ball out of their feet on their first touch and pass the ball back to the server on their second touch. After passing the ball the player returns to their starting position. The practice is repeated with the next player. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Demand the ball from the server. Call for the pass.
- Redirect the ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to pass comfortably on the second touch.
- Get the head up and scan the play as the ball is directed out of the feet.

Wedge Control under Pressure



Objective of the Practice:

This practice is designed to improve each player's ability to master the Wedge Control technique while under pressure.

Field Preparation:

Grid 10 x 20 yards. 3 players. Cones. 1 Ball.

Coaching Points:

Three players per grid, using one ball. The grid should be 10 yards x 20 yards. Two players are positioned at one side of the grid facing the server. The first player runs towards the server and receives a pass into feet. The second player follows the receiver and defends behind him.

The first player must redirect the ball out of their feet on their first touch and pass the ball back to the server on their second touch. After passing the ball both players return to their starting position and reverse roles. The practice is repeated with the next player. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Demand the ball from the server. Call for the pass.
- Redirect the ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to pass comfortably on the second touch.

Ball Control Gates



Objective of the Practice:

This practice is designed to improve each player's controlling technique while turning with the ball.

Field Preparation:

- ☐ Entire group divided into pairs 20 x
- ☐ 20 Yards
- ☐ Supply of Balls and Cones

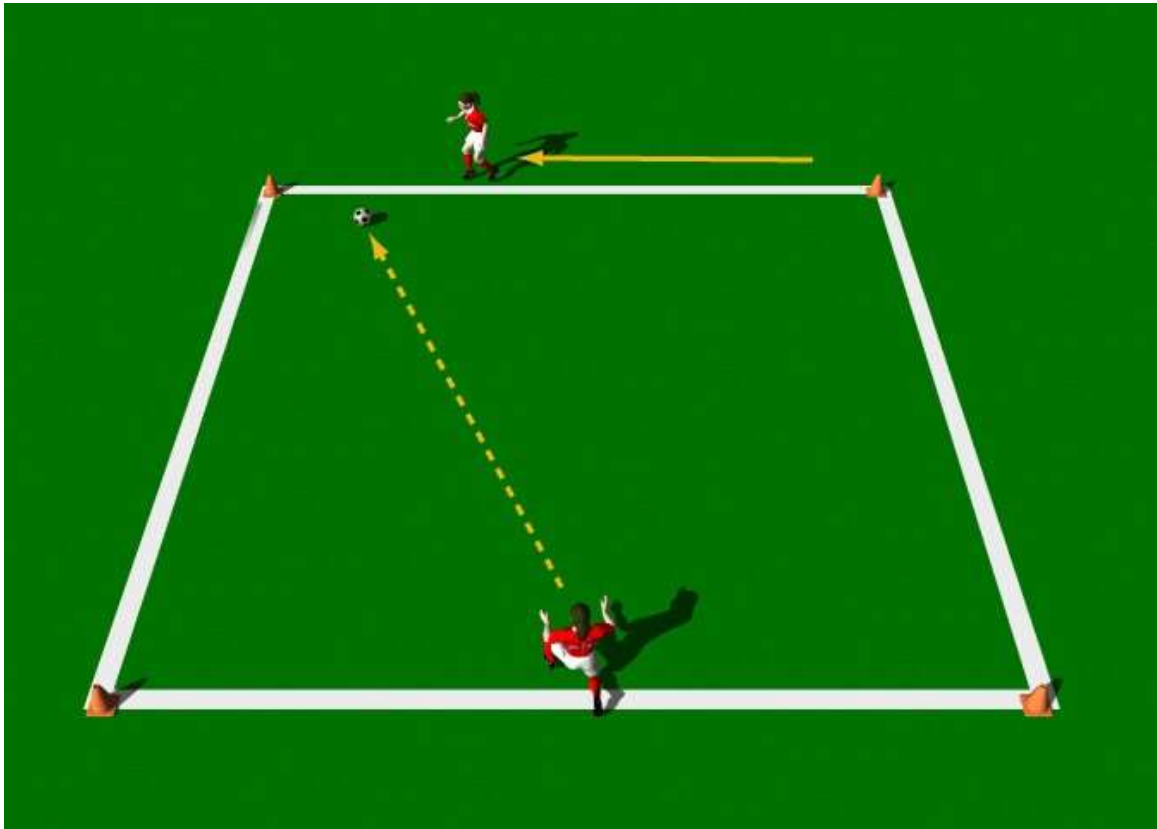
Coaching Points:

Sequence:

- ☐ Pass ball back and forth using **outside of foot** down working down slalom. Work back. Pass ball
- ☐ back and forth using **inside of foot** down working down slalom. Work back. Player serves 2
- ☐ hands for partner to **half volley back** using inside of the foot.
- ☐ Player serves 2 hands for partner to **full volley back** using inside of the foot.
- ☐ Player serves 2 hands for partner to **chest then volley back** using inside of the foot. Player
- ☐ serves 2 hands for partner to **head back**.

Fundamental Ball Control

Getting Behind the Ball



Objective of the Practice:

This practice is designed to improve each player's ability in "ball control". The emphasis is placed on getting behind the flight of the ball early, so the player is composed and comfortable when controlling the ball.

Field Preparation:

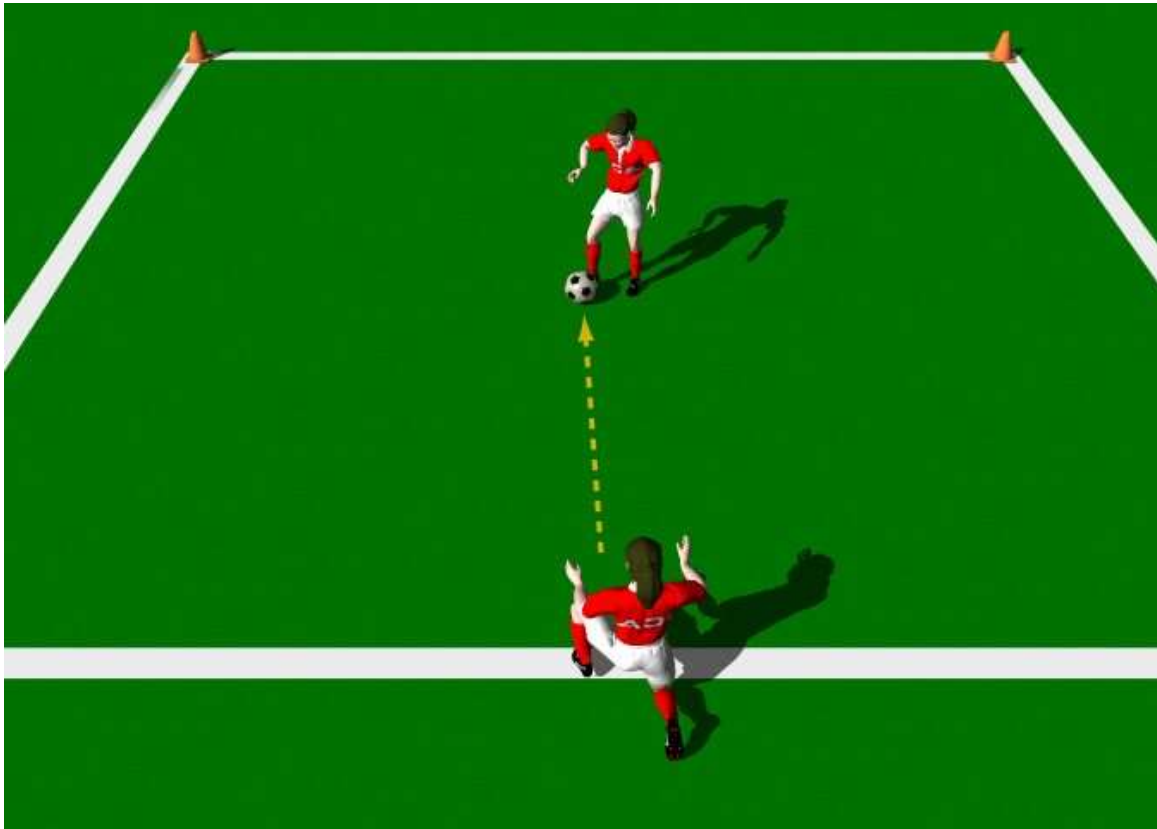
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner. The speed of the service should be increased gradually. Ensure that the ball is not rolled too close to the receiving player. Have the server aim for the inside of the cones.

The earlier the player gets behind the flight of the ball, the more time that player will have to control it. Swap roles so each performs the drills.

Cushion Control using inside of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

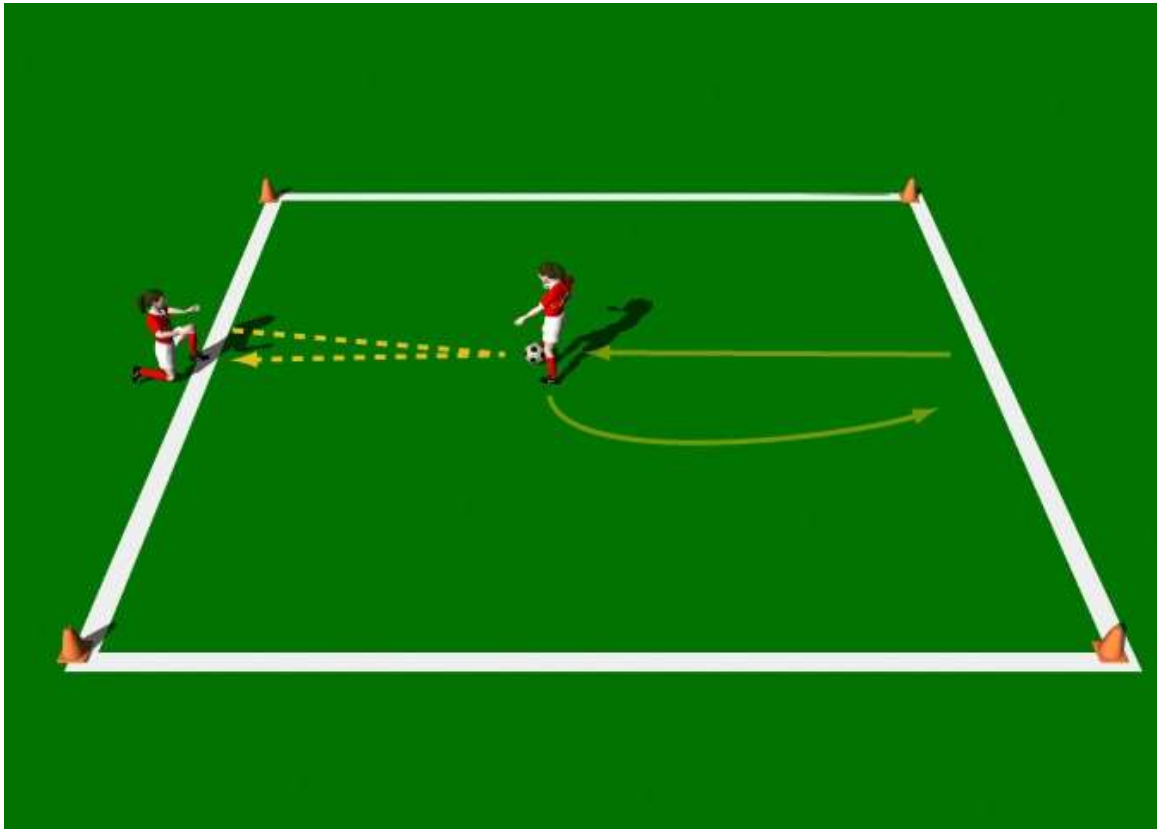
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Control using inside of the Foot - on the Run



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

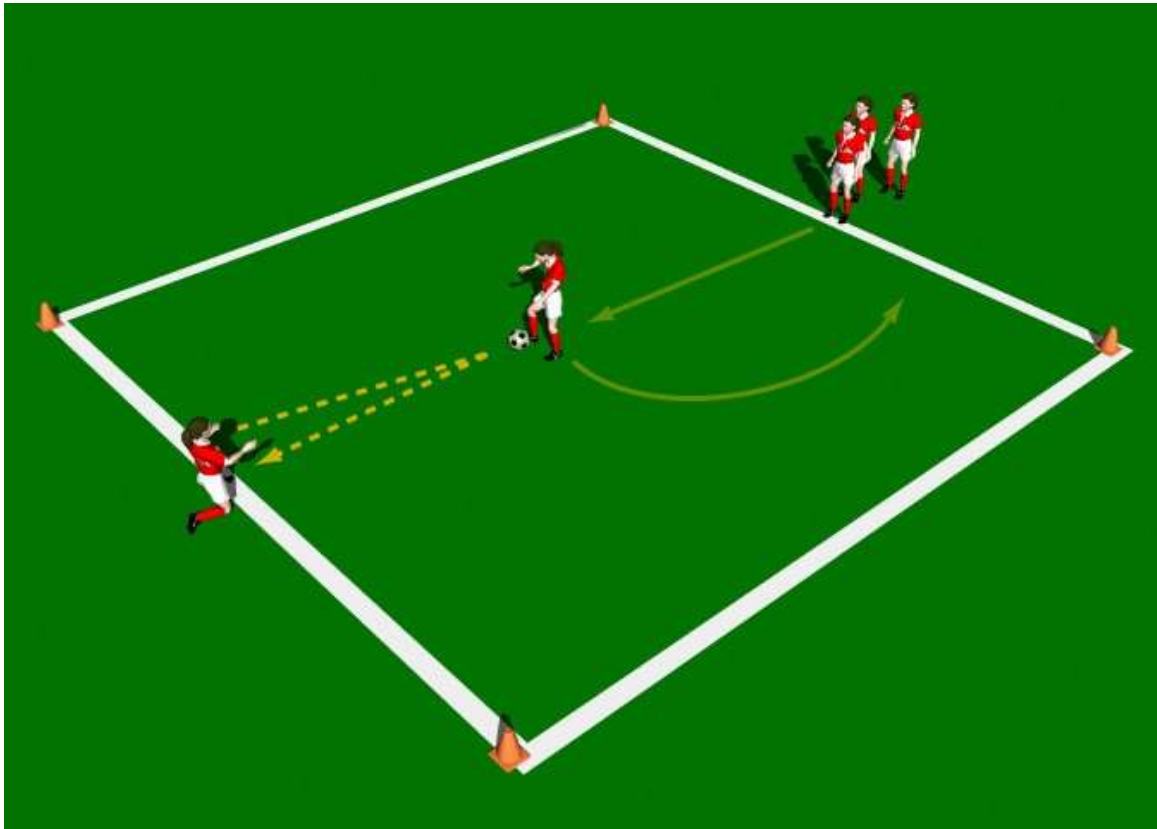
Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

Relay - Cushion Control - using the Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server rolls the ball along the ground to the receiving players. Players alternate receiving the ball from the server.

The receiving player must control the ball using the inside of the foot. After successfully controlling the ball the player must pass the ball back to the server, turn and join the end of the line. The player receives a point for each successful control and pass back to the server.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Cushion Control using the Top of the Foot



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe. The player controlling the ball should get the controlling foot under the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a "looped" serve and not shallow.

Players can keep score, one point for every successful control.

Cushion Control on the Run



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Coaching Points:

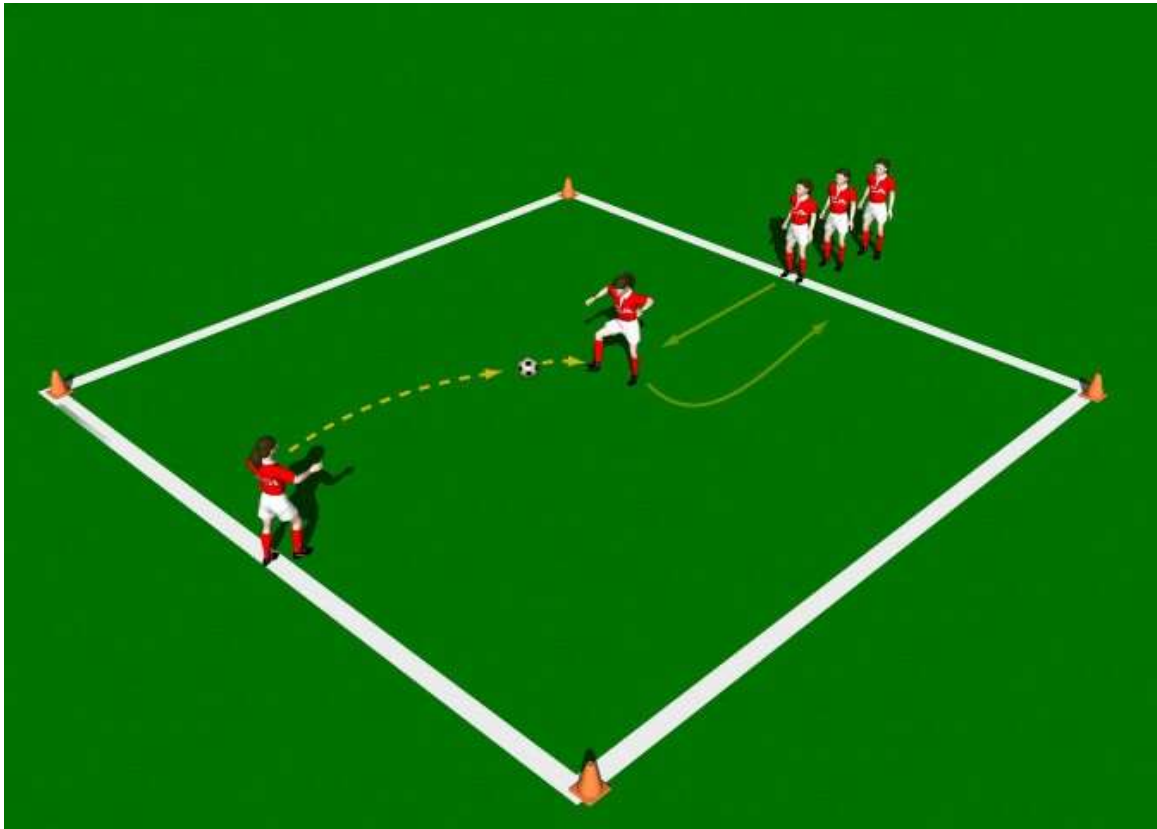
Two players are positioned in a grid 10 yards x 10 yards. The server throws a looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the ball.

The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups.

Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

Relay - Cushion Control - using Top of Foot



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 10 yards. Small group of players. Cones. 1 Ball.

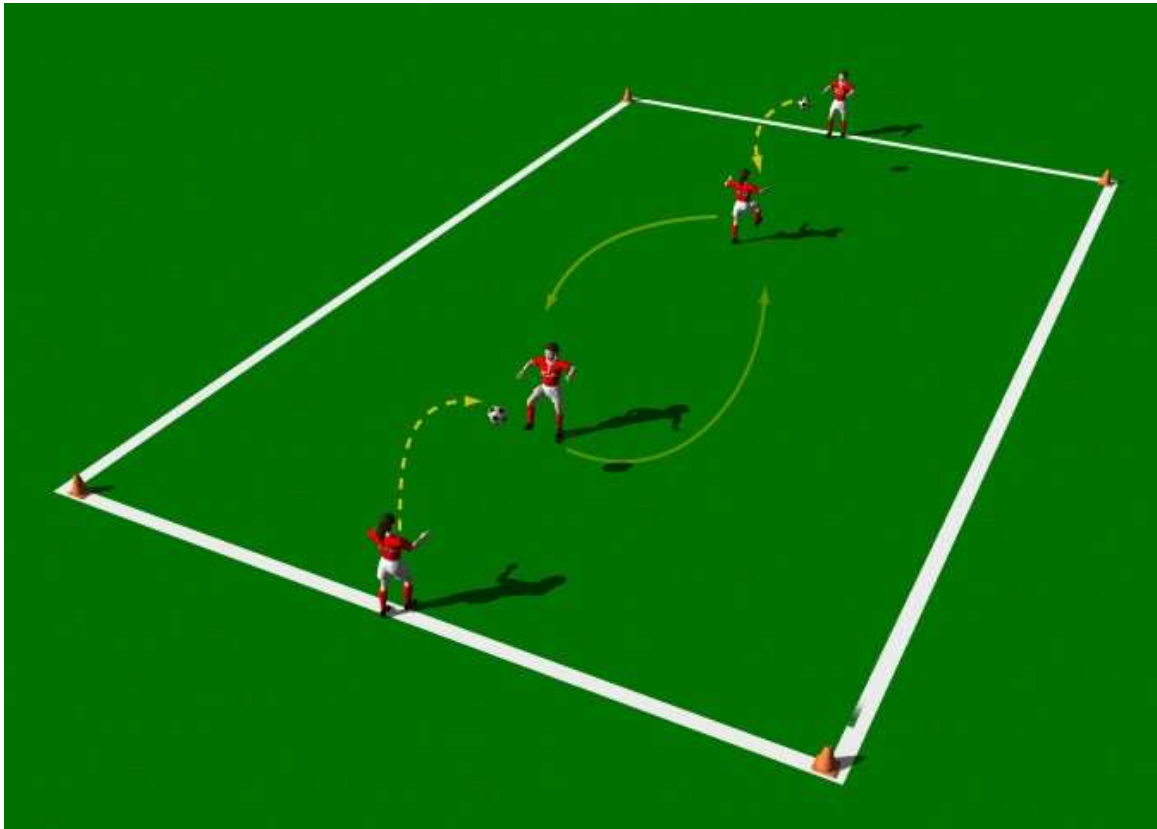
Coaching Points:

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Cushion Control Pressure Training



Objective of the Practice:

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 2 Balls.

Coaching Points:

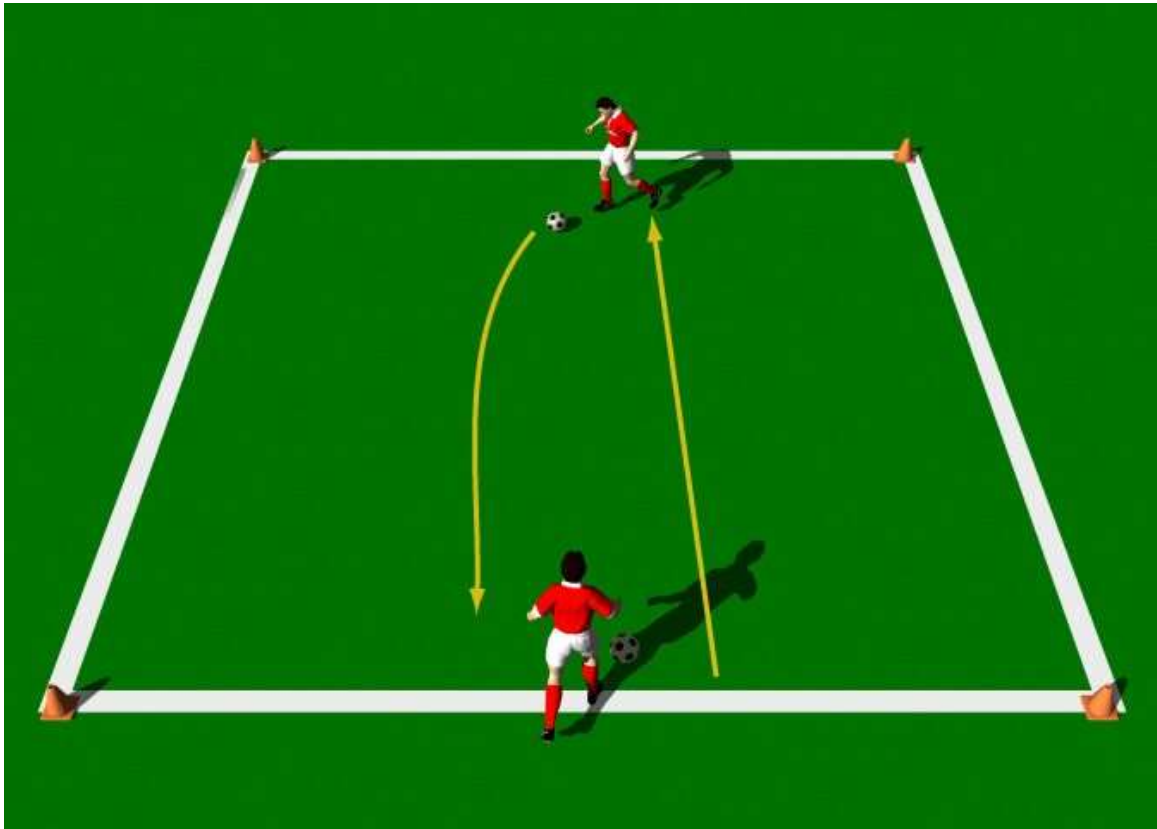
Place two servers with a ball each at both sides of the grid. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server.

With a correct serve the receiving player is always encouraged to come and meet the serve.

After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and receive a pass from the opposite server.

The players in the center should work at full speed and concentrate on quality first touch passing. If the players working turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Competitions should be played e.g.: how many points in 60 seconds, the first player to reach 20 points wins.

Control and Turn



Objective of the Practice:

This practice is designed to improve each player's controlling technique while turning with the ball.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

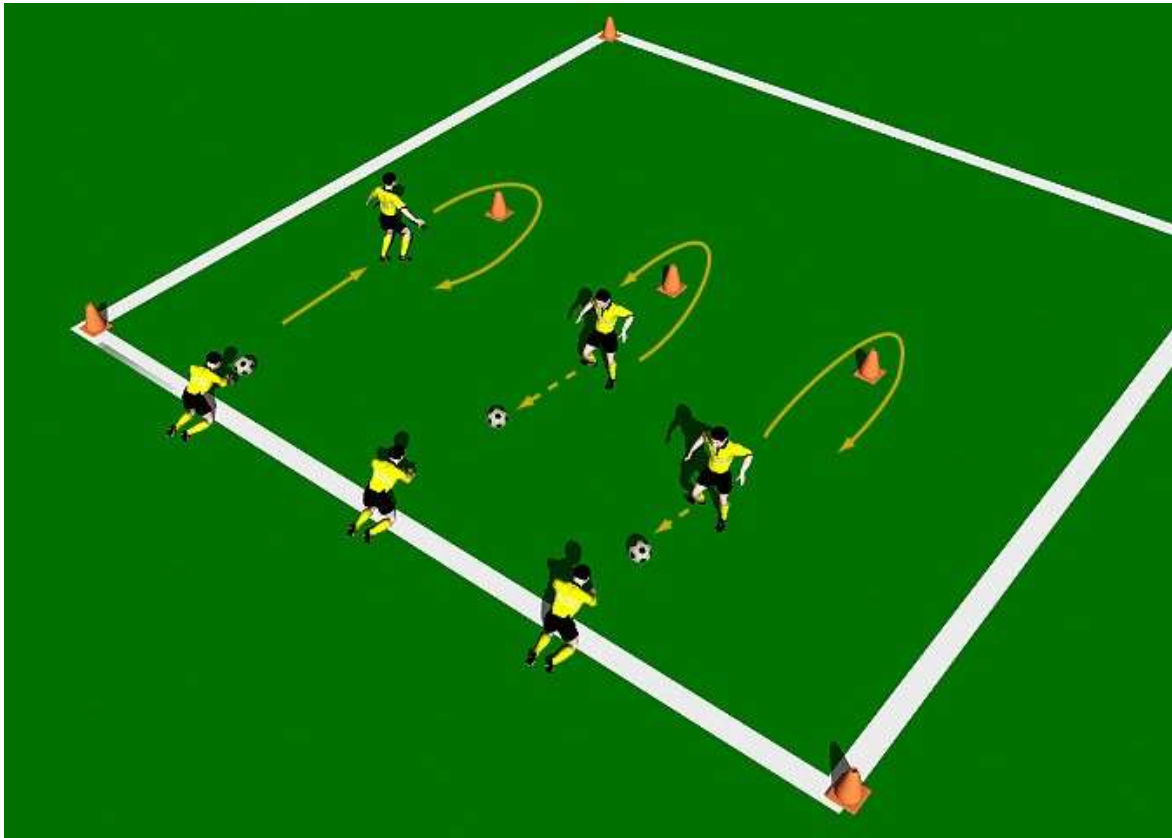
Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. Each player has a ball. The first player starts the practice by playing the ball into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. Their partner then repeats the practice. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Pass the ball firmly into the center of the grid.
- Control and turn ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to run comfortably in the intended direction.
- Get the head up and scan the play as the ball is directed out of the feet.

Control Relay Game



Objective of the Practice:

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet or Thighs".

Field Preparation:

Grid 20 x 20 yards. Groups of 2 players. Cones. 1 Ball per group.

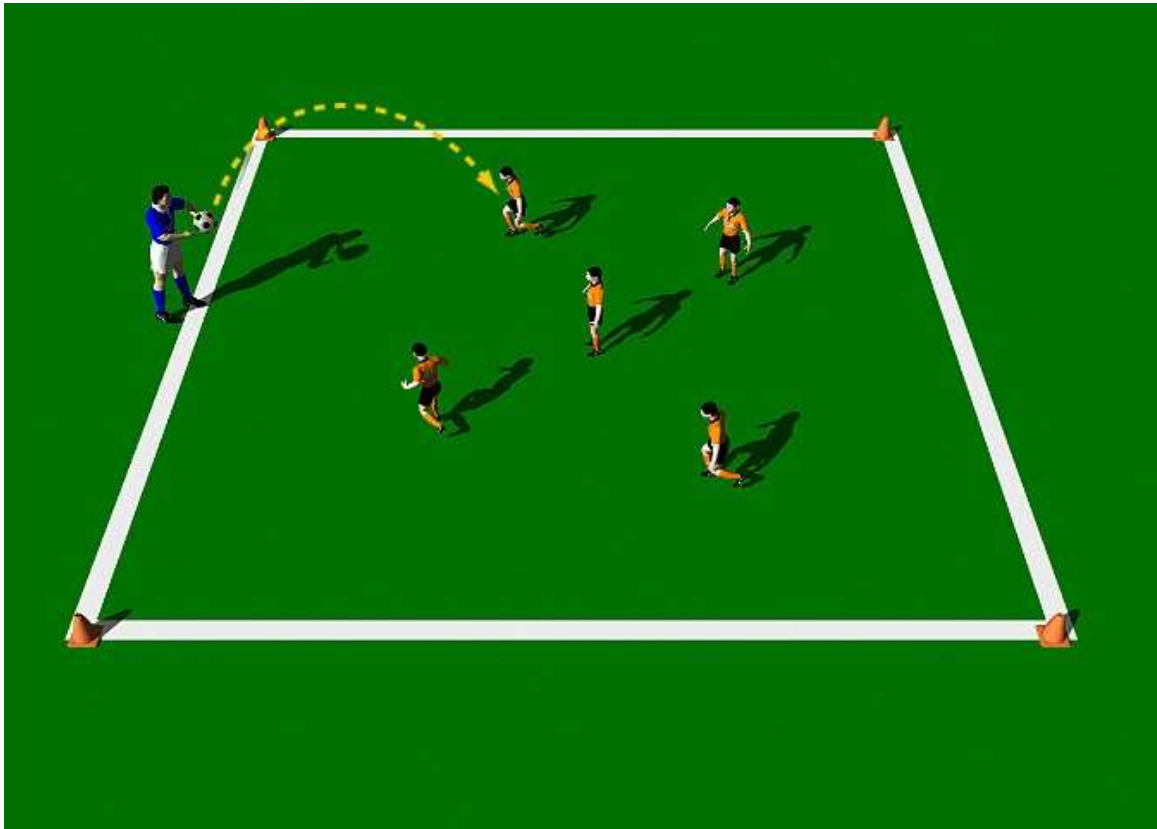
Coaching Points:

Two players with one ball. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground for their partner to control using the inside of the foot. They can also gently throw the ball to their partners thigh.

The player controlling the ball should get behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot or thigh, taking the pace off the ball, and cushioning it.

The player then passes the ball back to the server. Players can keep score, one point for every successful control.

Catch the Egg



Objective of the Practice:

This practice is designed to encourage young players to have the confidence to control a ball in the air.

Field Preparation:

Grid 10 x 10 yards. Entire Group of players. Cones. Supply of balls.

Coaching Points:

The entire group are placed in an area 10 x 10 yards. The coach is positioned at the side of the square. The coach calls out a player's name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

Crabby Patties



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

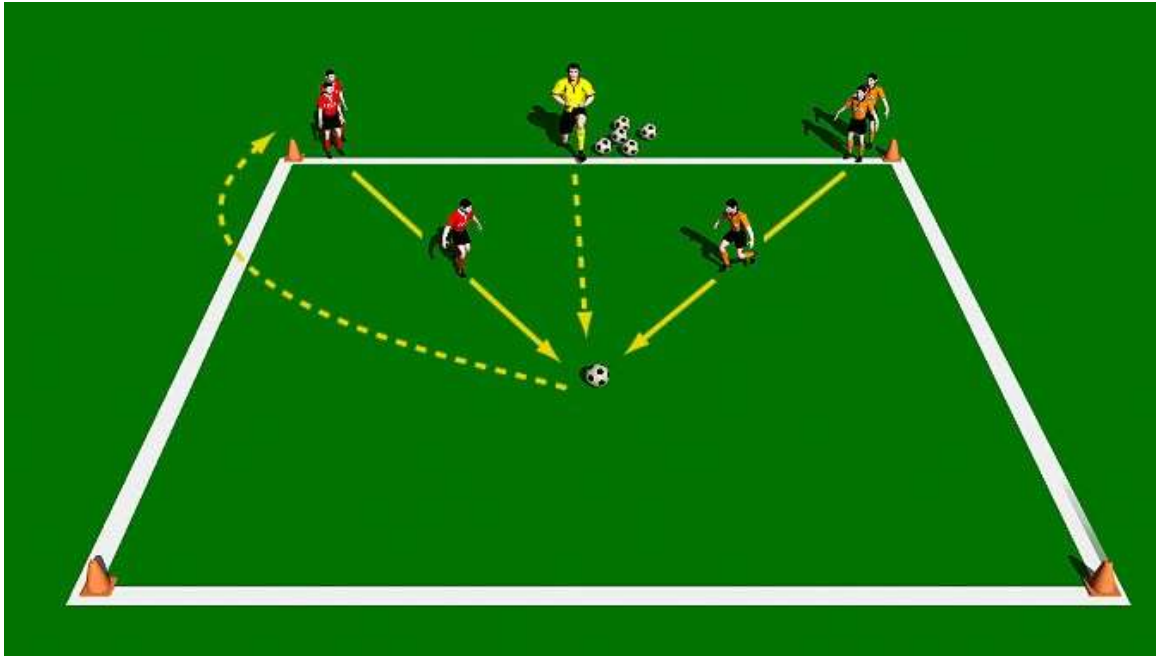
Field Preparation:

Grid 20 x 20 yards. Entire Group of players. Cones. Supply of balls.

Coaching Points:

The ball is a “Crabby Patty” and coach is Sponge Bob. The players hand the coach their ball and the coach throws the ball out in different directions for the player to chase after, control and return. Two players without a ball are the “Planktons”. If they steal the ball, they reverse roles with the player they stole it from. Don’t let the Planktons steal the Crabby Patty secret recipe.

Power Rangers



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

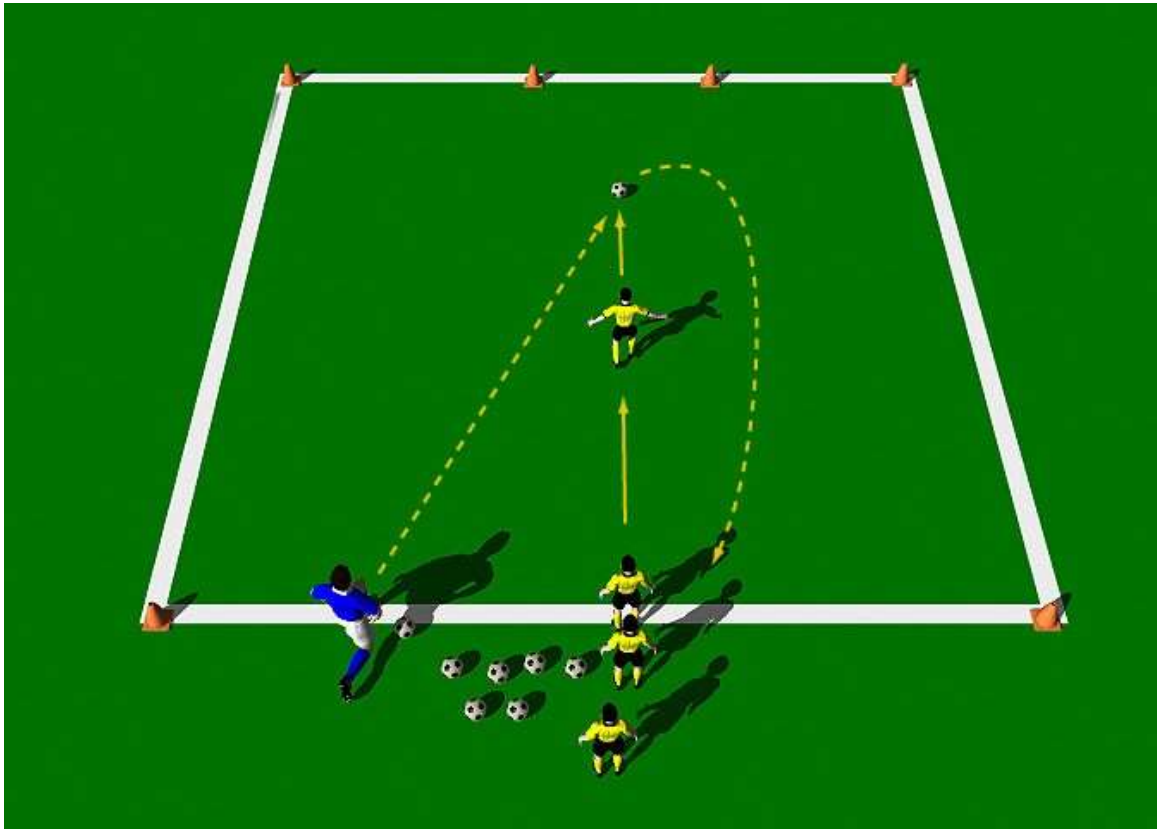
Field Preparation:

Grid 20 x 20 yards. Entire Group of players. Cones. Supply of balls.

Coaching Points:

Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don't collide.

Catch the Bus



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

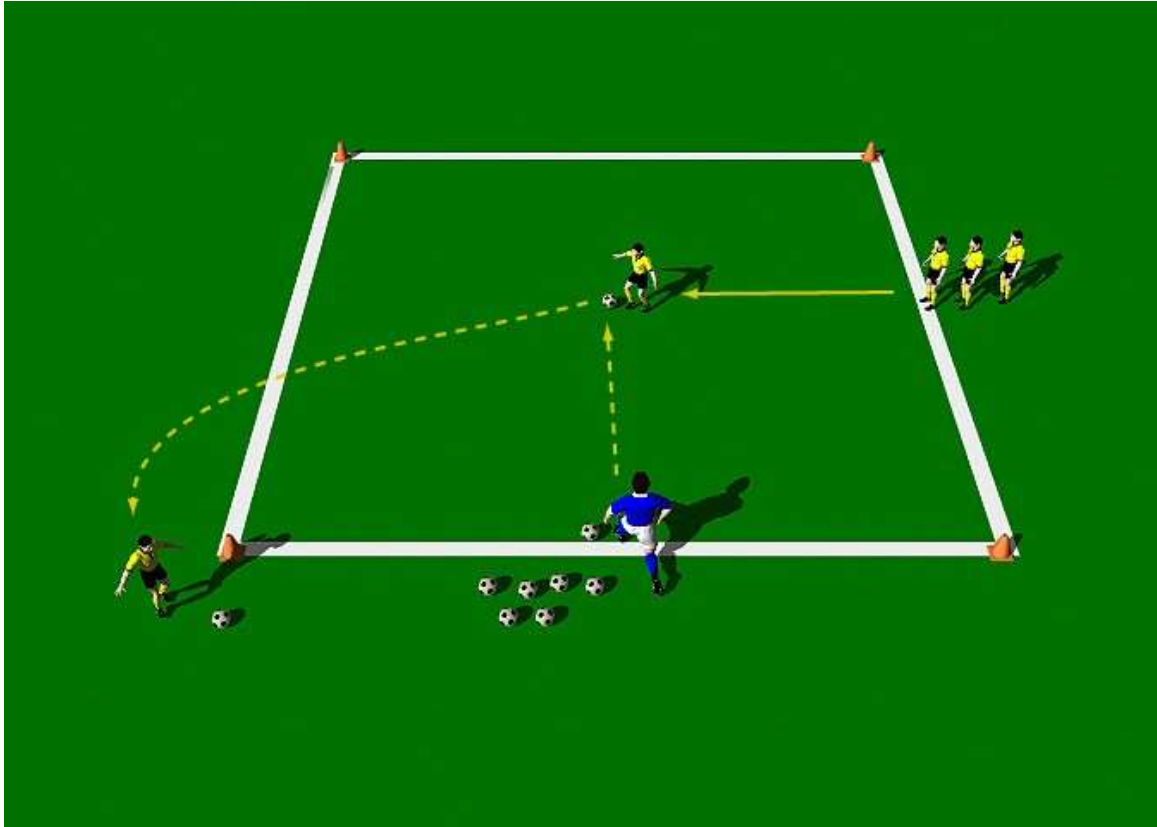
Field Preparation:

Grid 20 x 20 yards. Entire Group of players. Cones. Supply of balls.

Coaching Points:

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.

Collect the Coconuts



Objective of the Practice:

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

Field Preparation:

Grid 20 x 20 yards. Entire Group of players. Cones. Supply of balls.

Coaching Points:

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.