



#### **ACTION:**

Players with the ball dribble to the centre of the square, cutting the ball across their bodies with the inside / outside of same foot.

At the centre they 'cut' the ball to their right and pass, using the inside of the foot, to the first player in the next group. They then sprint to join the back of that group.

Receiving player 'toe taps' the ball until the coach gives the instruction for the next group of players to begin.

#### **TIPS:**

Keep the ball close and under control.

Make quick, tight turns without losing control.

Encourage player to keep their head up as much as possible.

The final pass must be firm and accurate.

This set up can be used for many Ball Mastery exercises

#### **NOTES:**



## **BALL MASTERY**

#### **SET UP:**

12 X 12 yd area.

Four groups of no more than five players positioned on each corner as shown.

First player in each group has a ball.