



BALL MASTERY

SET UP:

Two adjacent 10 x 20yd 'lanes'
Two groups of players of up to six at each end.
First player in the group has a ball

ACTION:

Both groups work at the same time. Players work to the mid-point of their lane using the Ball Mastery skills learned.

Ball Mastery Skills

- Toe Taps
- Sole Taps
- Inside / outside
- Outside, Outside / Inside
- Push /Pull

Toe Taps – Quick movement of the ball side to side between the feet

Sole Taps – Move the ball forward using the sole of the foot

Inside/Outside – Alternate touches with inside and outside of foot

Outside, Outside/Inside – Two outside of foot touches then one inside 'cut' across body. Repeat with alternate foot.

Push/Pull – Push ball forward with inside of foot, pull back with sole to alternate foot and repeat.

They then pass to the front player in the opposite group and sprint to join the back of that group.

Receiving players repeat the action in the opposite direction.

TIPS:

Encourage players to use both feet and to look up before passing.
Coaches should vary the method of dribble, incorporating as many Ball Mastery skills as possible.

NOTES: