



BALL MASTERY

SET UP:

20 X 20 yd area.

Up to 20 player, each with a ball evenly spaced in lines of five.

ACTION:

Each line of players, on the coach's instruction, works steadily across the square to the opposite side and rest until the entire group have completed the task.

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.

TIPS:

Simple repetitions with both feet are a sure way to improve a player's ball control.

Encourage players to begin slowly and master the movement.

All the Ball Mastery practices will aid co-ordination and create flexible ankles, knees and hips which are key to Ball Mastery.