

# Skill Development #2: Ball Control

## Warm-UP

**-5 minutes:** Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space (10x10 yd. grid) where many changes and touches are necessary. Focus on changing direction. Stretch a different muscle every minute.

## Technical Work: Receiving the ball out of the air

-Starting in a sitting position, throw ball up, get up and receive the ball out of the air and dribble it off quickly in one direction for 10 yards. Sit down again and repeat.

### Receive ball with:

- 10 times – inside of left foot
- 10 times – inside of right foot
- 10 times – outside of left foot
- 10 times – outside of right foot
- 10 times – left thigh
- 10 times – right thigh
- 10 times – chest
- 10 times – head

## Technical Work: Ball Control

**-5 minutes:** Juggle with feet only, left and right foot. Set a personal record of how many juggles you can perform. Each day you juggle, attempt to beat your personal record.

**-1 minute, 2 times:** High Pace Dribbling (Game Pace)

-Area: 5x5 grid (square), Dribble inside square focusing upon change of direction; turning; and exploding out of move, fake, or turn. **EXPLODE** out of change in direction.

**-1 minute, 2 times:** High Pace Dribbling (Game Pace)

-Area: 10x10 grid (square), Dribble inside square focusing upon change of direction; turning; and exploding out of move, fake, or turn. **EXPLODE** out of change in direction.

**-5 minutes:** Juggle using all surfaces of the body. Each day you juggle, attempt to beat your personal record.