

Skill Development #3: Ball Control and Agility

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.

-1 minute: Juggle the ball using only your head.

-1 minute: Throw the ball up, jump and while you are in the air control the ball with your head, settle the ball to your feet and dribble off 10 yards. Repeat.

-1 minute: Juggle the ball using only your thighs.

-1 minute: Throw the ball up, jump and while you are in the air, stop the ball with your chest, settle the ball to your feet and dribble off 10 yards. Repeat.

-2 minutes: Juggle the ball using only your feet.

Technical Work

1. Place 2 cones 15 yards apart. Dribble in a **figure eight** using just the inside of both feet for turning. As you round each cone, accelerate to the other as if you were beating an opponent. quick touches on rounding the cones. Do 6 figure eights, then rest for 30 seconds. Repeat 6 times.

2. Repeat same **figure eight** activity as in (1), but this time, use only the outsides of the feet for turning..

3. Place 2 cones 15 yards apart. Pass the ball slowly from one marker to the other, then sprint to receive the same ball you just played. Continue to one touch the ball back and forth for 10 passes. After 10 passes, rest 30 seconds. Repeat 4 times.

4. Place 2 cones 25 yards apart.

-Speed dribble as fast as you can from one cone to the other.

-Leave the ball and sprint backwards to the first cone.

-Sprint to the ball.

-Collect the ball and speed dribble back to starting point

-Rest 30 seconds in between. Repeat 4 times

5. **Ball Touches**

-Touch one foot on top of the ball and one foot on the ground. Alternate feet as fast as possible for one minute. Rest for one minute.

-Using the instep, knock the ball back and forth from your right foot to your left foot. Called boxing the ball. Box the ball for one minute, rest for one minute.

-Inside/Outside – Touch ball with inside of right foot, then outside of right foot. Next touch ball with inside of left foot, then outside of left foot. Continue using this pattern for one minute. Rest one minute then change pattern to **Outside/Inside**.

-Place the ball on the ground to your side. Keeping your feet together, jump side to side over the ball for one minute. Rest for one minute. Repeat but this time jump back and forth over the ball front to back.

