

BALL CONTROL DRILLS

The game of soccer is all about controlling the ball and scoring a goal. Players must know the basic ball control techniques to maintain possession. Start teaching these basics at the young ages and reinforce each and every age group. By the time the player hits high school, they should be able to juggle for minutes and use every part of their body to receive a ball.

DRIBBLING

(Using INSIDE and LACE Actions)

Players move across a pitch with a ball using dribbling. The common foot position is the inside of the foot or laces. Players will touch the soccer ball with their cleat's laces to send the ball directly forward and this is used for speed. If a player is in a full sprint, use the LACES as this lets the player's foot land on the ground in a natural position of running/jogging. The INSIDE of the cleat is used for turning and control during dribbling. Practice dribbling with both feet. Players may have a dominant foot but coaches must push players to be prepared with either foot.

JUGGLING

Juggling is a key training element which is often overlooked. Juggling allows the players to use all parts of their body to gain a feel for the ball. These touches build confidence and makes players aware of parts of their body used to control or pass the ball. With a larger range of comfort with the ball, imagination is often sparked in game play. A good juggler does not guarantee the player will be a good game player. Juggling should become a daily routine that only takes a few minutes a day. Coaches should encourage players to develop good juggling technique. When juggling, coaches should stress the following points:

1. Use all body parts (chest, thighs, feet/ankle, and head) and alternate feet.
2. Using any juggling technique, teach how to lay the ball on the ground in front of them, within 3 feet of the body.
3. Learn standing still then add walking slowly around the pitch.
4. Practice juggling every team practice session. Make it a game on who can keep the ball in the air the longest and track the number of touches.
5. One practice work on just one body part until all parts are practiced then allow open juggling for any body part.
6. Form a circle of 4-5 players and let them juggle in a group.

PUSH

Using the bottom/sole of the shoe or cleat, place the foot on the center to back of the ball and push the ball forward. Not Passing and Not Dribbling. The push uses the cleat. Players use both feet to move the ball forward in a walk or light job.

PULL

The opposite of the PUSH, use the toe of the cleat and place the foot on the top of the soccer ball. Pull the ball back toward the body at the same time the player must move backwards. Player uses alternate feet to walk backwards while pulling the ball.

STOP

Place the bottom/sole of the cleat on the very top of the soccer ball to stop it. Keep the foot on the ball without moving.

PULL-BACKS

Pull-backs are a fluid continuous motion to change directions 180 degrees. This technique uses PULL but the player will turn around and continue in the opposite direction. Specifically, player dribbles forward, places the toe of the cleat on the ball and pulls the ball straight back, a hard pull. The ball will shoot behind the player. The player turns his body around 180 degrees and picks up the ball through dribbling to continue across the pitch.

OUTSIDE

(Using Left and Right)

Using the outside of the foot makes for quick left or right turns. Use the outside foot, in front of the ankle/leg area to quickly tap and make 90 degree turns. These make for great fake moves. Teach using both feet, such as the right foot to make a right turn and left foot for a left turn.

ROLLS

(Using Bottom/Sole)

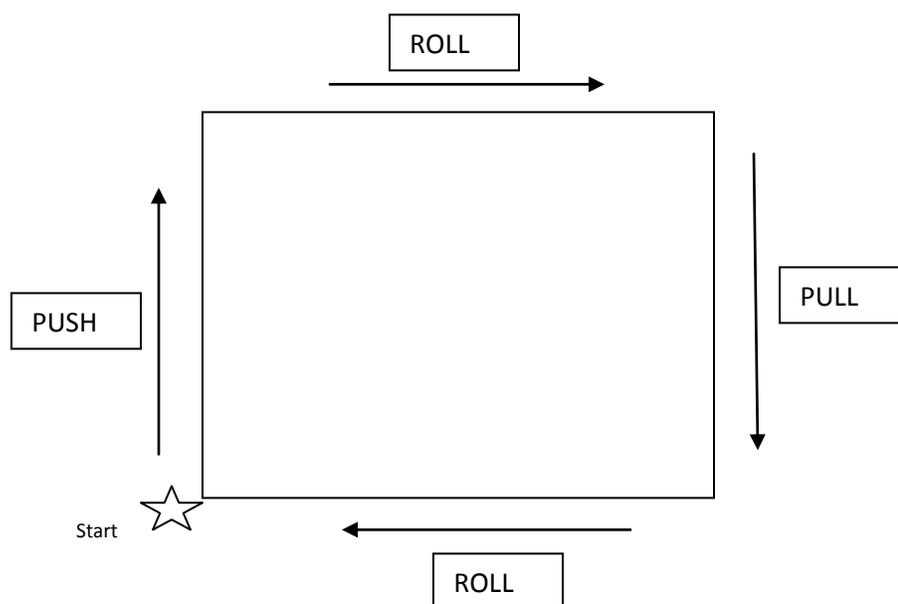
These moves are needed during shielding and close-in play. (1) Use the left foot to go right. Place the left foot beside the soccer ball, using the cleat, lift the foot up and move it to the right, drag the cleat across the ball to your right. This is an up and over move using the cleat. You'll notice that using the cleat in this manner allows the player to move to the right and walk/jog in a natural way. The left foot should land flat and normal to start the next roll. (2) Use the right foot to go left. Place the right foot beside the soccer ball, using the cleat, lift the right foot up and move it to the left, drag the cleat across the ball to your left. Ball moves left and your right foot lands normal to start another roll.

BELLS/TOE-TAPS

This technique teaches players awareness and confidence in how much pressure the player must place on the soccer ball to maintain control. Player stands with ball between two feet. Feet are separated the same width as shoulders. Player begins the pass the ball back and forth between two feet, only using a slight tap. Player does not move and ball should bounce between inside feet ankle area. Move the ball forward a little and continue passing back and forth but this is more along the inside toe areas. Practice for 30 seconds and then increase to a minute and more throughout a season.

DRILLS

PUSH PULLS AND ROLLS



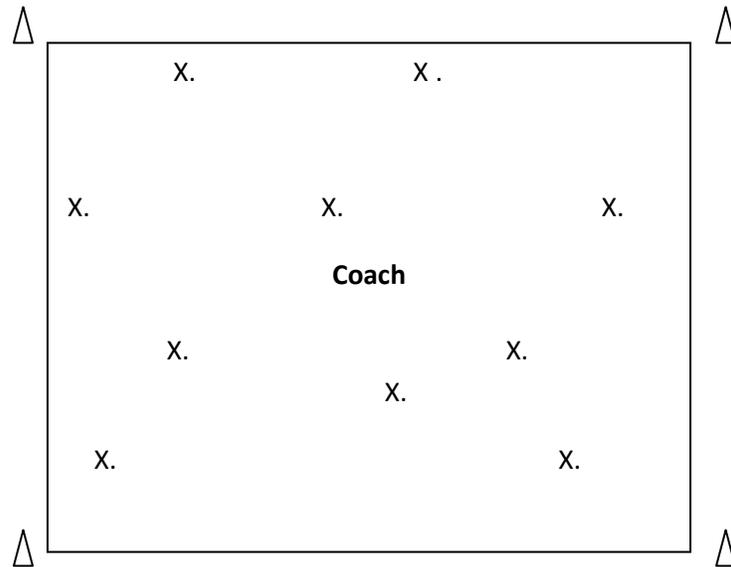
Round 1 – Using both feet, alternate pushing ball to top of square. Remember, only the cleat touches the ball. To roll right, use the left foot and only the cleat touches ball to go up and over ball as it rolls right. To pull, use both feet, alternate cleat toes pulling the ball back. The trick is to be directly behind the ball. To roll left, use the right foot and only the cleat touches ball to go up & over ball as it rolls left.

Round 2 – Use the right foot only for push and pull.

Round 3 – Use the left foot only for the push and pull.

BALL CONTROL SQUARE

Layout cones to make a square and expand the size as needed for age of players or large number of players. Coach is in the middle and each player has a ball. Players must stay inside the square and listen to the coach call the move.



Coach calls out a command and players move around the square per command. For example:

Dribble

Push

Stop

Pull

Cone - this means the player dribbles as fast as they can to the nearest cone. Dribble around and back inside toward the coach.

Left - use left foot outside to make a 90 degree left turn.

Pull-back - make a 180 degree change in direction.

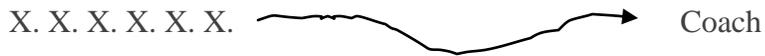
Right - use right foot outside to make a 90 degree right turn.

Bells

Juggle - (call out body part, such as Feet Only)

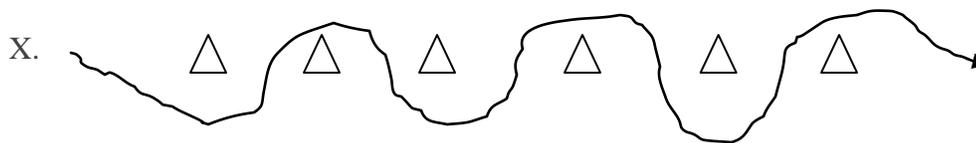
FAKES

Very easy but important drill. Have players form a line 10 feet from coach. Each player has a ball. One player at a time dribbles toward coach and does a fake move around/away from coach. As the player approaches, use the outside of the foot to make the ball go left or right away from the coach.



CONES

Easy drill and great work to improve the use of both feet.



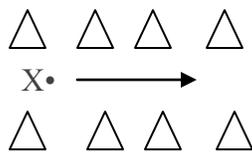
Round 1 – Use both feet to dribble through cones, use inside of foot.

Round 2 – Use both feet but use the outside and inside of foot.

Round 3 – Right foot only. The players learn to use inside & outside of the right foot.

Round 4 – Left foot only. Player must use the inside & outside of the left foot.

CONES & BELLS



Place 2 rows of cones, fairly close, maybe 3 feet across. One player must toe-tap or perform bells down the middle without hitting the cones. Reinforce that players keep their feet shoulder width.