



# Ball Mastery 1

**Category:** Technical: General  
**Difficulty:** Moderate

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## Ball Mastery TURNS Box (15 mins)

### Organization:

- 15 Minutes
- Unlimited players
- Each player with a ball
- Grid spaced depending on numbers of players. Ensure the space forces players to play close enough to one another to ensure decision making while moving in the space.

### Instructions:

- Players dribble in determined grid/space and perform different soccer moves on coaches call.

#### 1.) Have players start with various dribbling techniques:

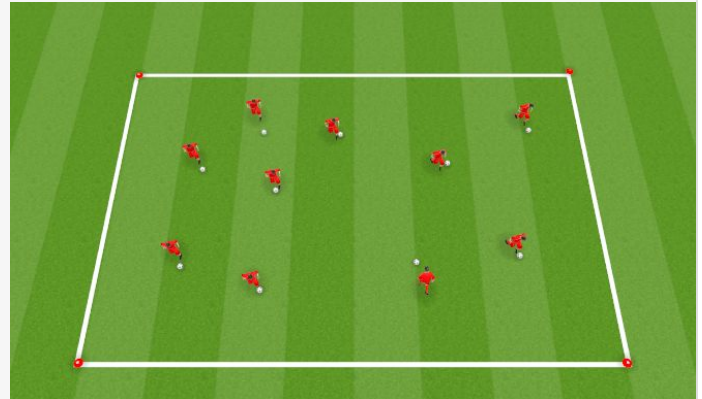
- Inside and outside
- Toe Taps
- Foundations
- Roll the ball with the sole of the foot

#### 2.) Introduce players to different types of turning moves:

- Inside cut
- Outside cut
- Pull back
- Step over
- Cruyff
- Pull Tuck / L Turn (U11-12)
- Step Over-Step Behind (U11-12)

### Coaching Points:

- Head up- players do 5 push ups if they dribble into another player.
- Change of speed.
- Keep ball close and under control.



## 1v1 Turns to Endlines (20 mins)

### Organization:

- 20 Minutes - 1v1 + Turns to Endlines
- 1v1 directional activity to endlines.
- 4 Minutes ON / 1 Minute OFF (4 Rounds = 2 Full Games)

### Instructions:

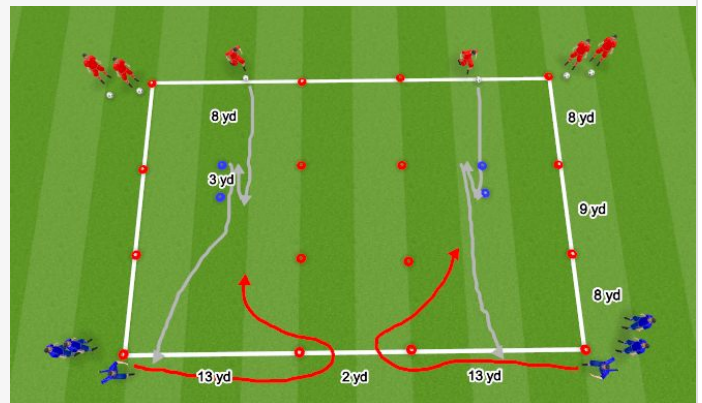
- Red attacker must dribble to furthest blue cone, perform a turn, dribble to other blue cone, perform a turn, and try to dribble ball past opposite endline.
- Black defender can start their run into grid (around endline cone) once the red player performs their first turn.
- Either player can score a point for their team by dribbling the ball past the opposite endline.
- When a point is scored or ball goes out of play, players return to their starting cone and next group begins.
- Rotate attacking/defending groups each round. See which color wins each game (2 rounds).

### Progression:

- Allow defender to start their entry run when attacker takes their first touch into the grid.

### Coaching Points:

1. HEAD UP to avoid defender and find space
2. BE CREATIVE and use moves when needed



## FUNino Game (20 mins)

### **Organization:**

-20 Minutes - 5v5 FUNino

-Directional Game in the entire space. (Use larger field dimensions if space allows.)

14 Players = 6v6 + 2 subs, 12 Players = 5v5 + 2 subs

10 Players = 4v4 + 2 subs, 8 Players = 3v3 + 2 subs

### **Instructions:**

-Players rotate in after each goal (or every two minutes)

-Team must get the ball into attacking shooting zone before scoring.

-No positions/GK; freeflowing movement into open space

-No throw ins; restart play with attacking player passing or dribbling in from out of bounds.

-Goalkicks are restarted anywhere in 6 yard defensive scoring zone. Pass or dribble in. Defending team must be at half line (red cones above) before ball is restarted.

-Instead of corner kick, ball is put in play at edge of attacking scoring zone. Pass or dribble in.

-Game restarts with a kick-off after a goal is scored.

### **Progressions:**

-Ball must be dribbled into shooting zone, before you can score.

-Ball must be passed into shooting zone, before you can score.

### **Coaching Points:**

1. Where is the space? How do we find it? (Head up to dribble or pass)
2. Proper decisions with large vs. small touches

