



## Ball Control

**Category:** Tactical: Defensive principles

**Difficulty:** Moderate

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### ball control

#### Dynamic Duo

Players in the middle accelerate out to player on outside and volley the ball back to hands of outside player then return to center square and repeat with a new player on outside.

work for 2 minutes - Medium intensity then rotate out

#### Progression

right foot, left foot volleys

header back to partner

inside players dribble with ball and play a 1-2 with outside player before returning to middle and finding a new player on outside

15/20 minutes (fitness with a ball)



### movement into space

players check into space at side of cones in order to receive pass, control the ball and look to play pass to team mate at next set of cones who has checked out to the opposite side of player 1

drill is repeated until you reach the end player (number of cones depends on amount of players (6 players 3 sets of cones / 5 players 2 sets of cones etc... always want spare players at the start to keep the drill flowing smoothly).

