



BALL MASTERY

SET UP:

30 X 30 yd area. (multiply 10yrd segments by number of players)

Players line up as shown with a ball each. All players work together on coach's instruction.

ACTION:

Each line of players, on the coach's instruction, works steadily across the square to the opposite side and rest until the entire group have completed the task.

Ball Mastery Skills

- Toe Taps
- Sole Taps
- Inside / outside
- Outside, Outside / Inside
- Push /Pull

Toe Taps – Quick movement of the ball side to side between the feet

Sole Taps – Move the ball forward using the sole of the foot

Inside/Outside – Alternate touches with inside and outside of foot

Outside, Outside/Inside – Two outside of foot touches then one inside 'cut' across body. Repeat with alternate foot.

Push/Pull – Push ball forward with inside of foot, pull back with sole to alternate foot and repeat.

TIPS:

To increase the difficulty, ask players use more than one skill as they work across the 10yd section. i.e. 4 x toe taps, 4 x sole taps and repeat or 4 x sole taps, 2 push/pull and repeat.

Coaches should assess the abilities in their group and tailor skills difficulty to the ability of the groups of players. Success breeds confidence.

NOTES: