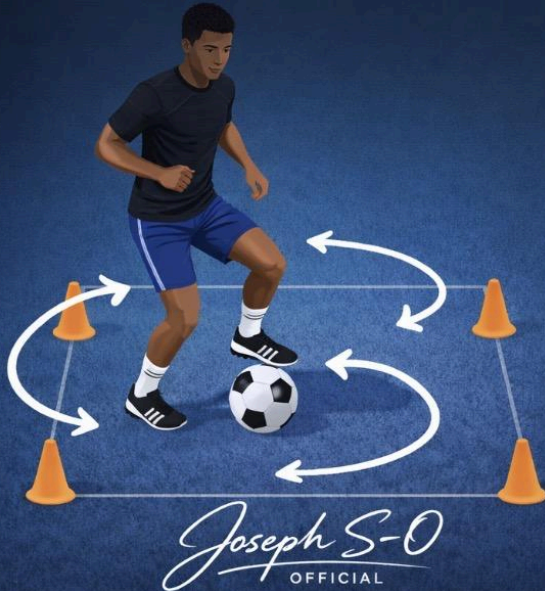


## □ Ball Mastery Drill 1 – Foundation Touches

Improve close control and comfort on the ball in small spaces.



### How it works:

- Use a football in a small space and perform quick, controlled touches using both feet.
- Focus on keeping the ball close at all times while moving around freely.
- Change direction often and stay light on your feet throughout the drill.

### Coaching point:

- Keep your head up as often as possible so you are aware of space, even when working in tight control.

## Ball Mastery Drill 1 – Foundation Touches

This drill is designed to improve close control, balance, and confidence on the ball in small spaces. Players should work inside a small area using quick, controlled touches with both feet while constantly keeping the ball moving. The aim is to stay relaxed and comfortable while changing direction naturally and adjusting body position around the ball. Players should avoid kicking the ball too far ahead and instead focus on soft touches that keep the ball close at all times. As confidence improves, the speed of the drill can increase while still maintaining control. This drill helps players become more comfortable moving with the ball under pressure and improves overall coordination and touch consistency.

## ☐ Dribbling Control Drill 2 – Change of Direction

Improve dribbling control and ability to change direction quickly under



### How it works:

- Dribble the ball freely in a small space using both feet. Every 3–5 touches, change direction sharply using the Inside or outside of your foot.
- Keep moving constantly and avoid stopping the ball. Focus on staying balanced while turning and accelerating away after each change.

### Coaching point:

Push the ball into space after every turn – don't just change direction, explode away from

## Dribbling Control Drill 2 – Change of Direction

This drill focuses on dribbling control and quick directional changes while staying balanced on the ball. Players should dribble freely in a small space and regularly change direction using different parts of the foot, including the inside, outside, and sole. The key focus is learning how to stay in control while turning sharply and accelerating away into space. Players should keep their knees bent slightly and stay light on their feet throughout the drill. As they improve, they can increase the speed of the turns and try more explosive changes of direction. This drill helps improve agility, reactions, and confidence when dribbling in tight areas during matches.

## □ First Touch Drill 3 – Control and Reset

Improve first touch and control under pressure using simple repetition.



### How it works:

- Use a wall if available. Pass the ball against the wall, receive it back, and take your first touch into space before passing it again.
- If no wall is available, roll the ball out in front of you, take a controlled touch, and reset it back to yourself.
- Keep repeating at a steady pace and stay balanced throughout.

### Coaching point:

Your first touch should move the ball away from your body, not stop it dead. Always prepare your next action before the ball arrives.

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## First Touch Drill 3 – Control and Reset

This drill is designed to improve first touch and receiving ability under control. If a wall is available, players should pass the ball against it and focus on controlling the return pass with their first touch before playing the next pass. If no wall is available, players can roll the ball forwards, control it into space, and repeat the movement continuously. The main focus is making sure the first touch moves the ball into a comfortable area for the next action instead of stopping it underneath the body. Players should stay balanced, scan the space around them, and focus on smooth movements between receiving and passing. This drill helps players become more composed when receiving the ball during real football situations.

## 📄 Ball Control Drill 4 – Tight Space Turns

Improve close control and ability to turn quickly in tight areas.



### How it works:

- Work in a small space with the ball at your feet.
- Practise turning using inside, outside and sole.
- Change direction frequently and keep the ball close.

### Coaching point:

Keep the ball within one step of your feet so you can react and turn instantly.

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## Ball Control Drill 4 – Tight Space Turns

This drill helps players improve close control and turning ability in small spaces. Players should dribble slowly while practising different turns using the inside, outside, and sole of the foot. The aim is to stay under control while constantly changing direction without losing the ball. Players should focus on keeping touches soft and controlled while staying aware of the space around them. As the drill progresses, they can increase the speed of the turns and challenge themselves to stay balanced while moving quickly. This drill develops confidence in possession and helps players feel more comfortable escaping pressure during games.

## Weak Foot Drill 5 – Same Control Both Feet

This drill focuses entirely on improving confidence and control using the weaker foot. Players should dribble around a small area using only their weaker foot for touches, turns, and changes of direction. The drill should be completed slowly at first to build comfort and consistency before gradually increasing speed. Players should focus on keeping the ball close and staying relaxed rather than rushing through the movements. Over time, this repetition helps improve balance between both feet and increases confidence using the weaker side during matches. The drill is important for developing more complete and unpredictable players.

## Weak Foot Drill 5 – Same Control Both Feet

Improve comfort and control using your weaker foot.



### How it works:

- Use only your weaker foot to dribble in a small space.
- Keep the ball close and move in different directions using gentle touches.
- Perform turns, stops, and changes of direction without using your stronger foot.
- Work at a steady pace and focus on control rather than speed.

### Coaching point:

Don't rush – focus on keeping the ball close and comfortable. Your weaker foot improves through repetition, not power.

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