

Ball Mastery Drill 1 – Foundation Touches

Equipment Needed:

- Football
- Cones (optional)

Players work in a small space taking constant controlled touches with both feet. The aim is to keep the ball close at all times while moving freely in different directions. Focus on soft touches, balance, and staying comfortable on the ball without kicking it too far away.

Ball Mastery Drill 2 – Change of Direction Control

Equipment Needed:

- Football
- Cones (optional)

Players dribble freely in a small area and regularly change direction using the inside, outside, and sole of the foot. The focus is staying in control while turning quickly and keeping the ball close during every movement. As confidence improves, speed can increase.

Ball Mastery Drill 3 – Tight Space Turns

Equipment Needed:

- Football,
- Cones

Players dribble slowly in a small space and practise different turning techniques. This includes inside turns, outside turns, and sole stops. The aim is to stay balanced and controlled while constantly changing direction in tight areas.

Ball Mastery Drill 4 – Weak Foot Control

Equipment Needed:

- Football
- Cones (optional)

Players use only their weaker foot to dribble, turn, and control the ball in a small space. The focus is on comfort, repetition, and building confidence using the weaker side without rushing.

Ball Mastery Drill 5 – Inside Outside Rhythm

Equipment Needed:

- Football
- Cones (optional)

Players dribble forwards using alternating inside and outside touches with both feet. The focus is on rhythm, control, and smooth movement while keeping the ball close at all times. As players improve, speed can gradually increase while maintaining control.