

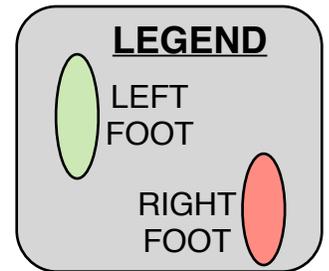
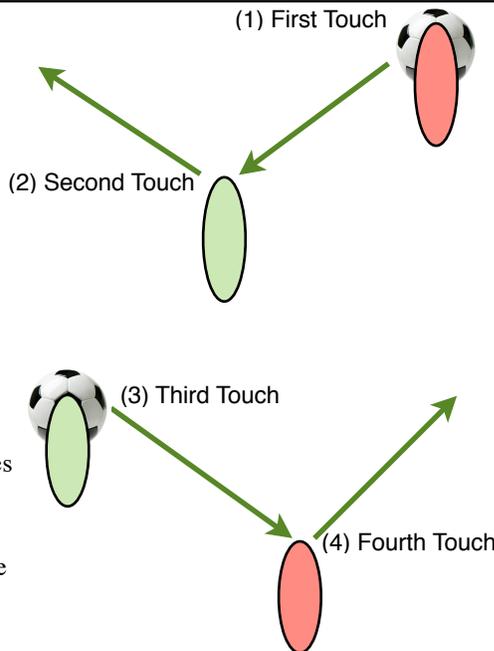
“QUICK-FEET” BALL-CONTROL DRILLS #5, #6, #7, #8

The following exercises are for teaching ball-control. Any or all of the drills can be used as a warm-up to a training session or game, as part of an individual or group Speed, Agility & Quickness With the Ball session, or as part of the Technical/Dribbling Phase in a team training session. Each of the drills should be timed. With beginning or novice/young players, each drill should be done for at least 30 seconds each. With

#5. The “V”

Starting with the right foot at least one step ahead of the left foot and with the balls and toes (sole) of the right foot resting on the ball

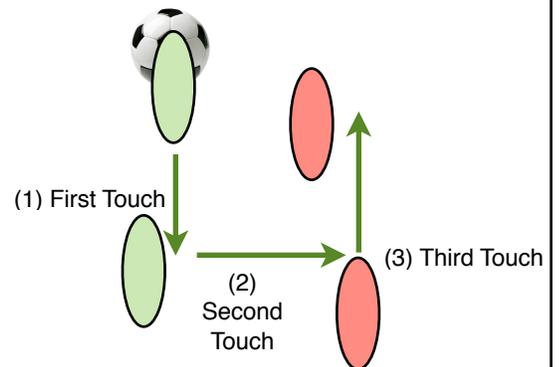
- (1) Using the sole of the right foot, drag back the ball diagonally to the left toward the toes of the left foot
 - (2) Turn the left foot inward and using the outside of the left foot (by the toes), touch the ball diagonally forward to the left
 - (3) Now using the sole of the left foot, pull the ball back diagonally to the right toward the toes of the right foot
 - (4) Turn the right foot inward and using the outside of the right foot (by the toes), touch the ball diagonally forward to the right
- Repeat the sequence
The path of the ball will form the letter “V”



#6. The Square “U”

Starting with the left foot slightly ahead of the right foot and with the balls and toes (sole) of the left foot resting on the ball

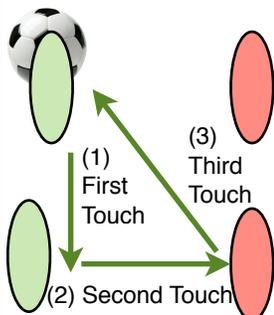
- (1) Pull the ball straight back
 - (2) Drop the left foot back and with the inside of the left foot, touch the ball to the right
 - (3) Point the toes of the right foot down and with the laces (front) of the right foot, touch the ball forward
- Repeat the sequence, this time pulling the ball back with the right foot
The path of the ball will form a square letter “U”



#7. Left Triangle

Starting with the feet square and the balls and toes (sole) of the left foot resting on the ball

- (1) Pull the ball straight back, and drop the left foot and right foot back
 - (2) With the inside of the left foot, touch the ball to the right
 - (3) With the inside of the right foot, touch the ball diagonally forward to the left (to where the ball started).
- Repeat sequence for the time limit



#8. Right Triangle

Same as above only now start with the right foot

