

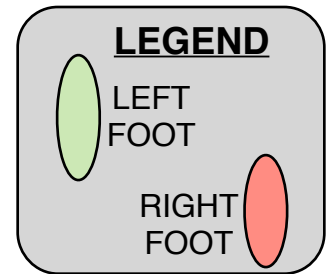
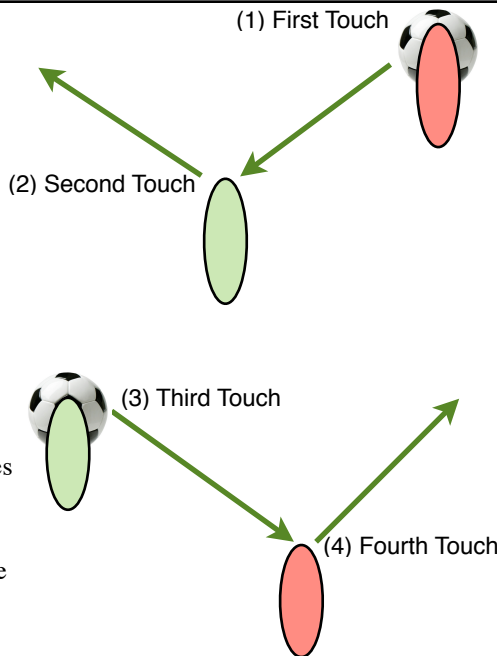
**“QUICK-FEET” BALL-CONTROL DRILLS #5, #6, #7, #8**

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

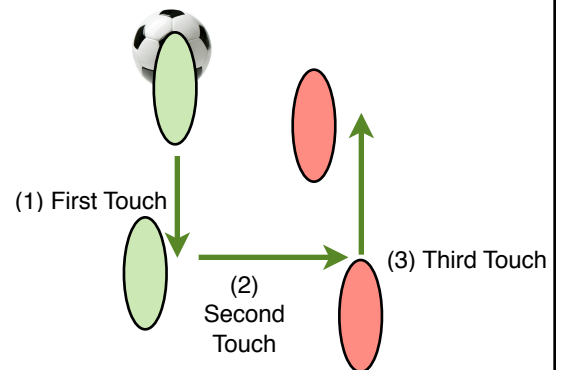
- (1) Using the sole of the right foot, drag back the ball diagonally to the left toward the toes of the left foot
  - (2) Turn the left foot inward and using the outside of the left foot (by the toes), touch the ball diagonally forward to the left
  - (3) Now using the sole of the left foot, pull the 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

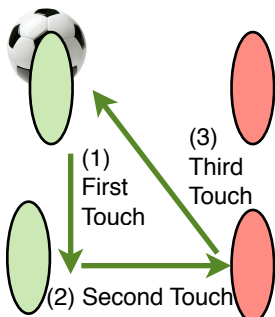
- (1) Pull the ball straight back
  - (2) Drop the left foot back and with the inside of the left foot, touch the ball to the right
  - (3) Point the toes of the right foot down and with the laces (front) of the right foot, touch the ball forward
- Repeat the sequence, this time pulling the ball back 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

