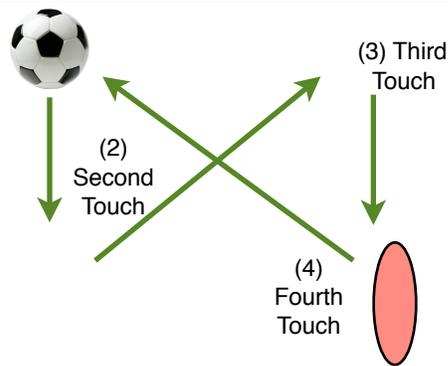
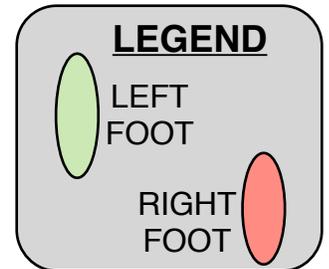


## “QUICK-FEET” BALL-CONTROL DRILLS #9

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 more advanced players, the time should be no less than one minute and up to 90 seconds each.



### #9. “X-Box”

Starting with the feet square and the ball at least one step in front of the left foot

- (1) With the balls and toes (sole) of the left foot, drag the ball straight back
- (2) With the inside of the left foot, touch the ball diagonally forward to the right
- (3) With the balls and toes (sole) of the right foot, drag the ball straight back
- (4) With the inside of the right foot, touch the ball diagonally forward to the left, back to the spot where the ball started

Repeat the sequence

The path of the ball will form the letter “X”