

TECHNICAL: BALL CONTROL > FOOTWORK

“QUICK-FEET” BALL-CONTROL DRILLS #1, #2, #3, #4

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.

LEGEND

LEFT FOOT
RIGHT FOOT

#1. BALL BOXING
Using the inside of both feet and with the ball

#2. LATERAL 2-TOUCH
Starting with the ball at the outside of the left foot

- Using the outside of the left foot, touch the ball to the left
- Take a quick lateral hop to the left, “catching” the ball with the inside of the left foot. Using the inside of the left foot, touch the ball to the right
- Allow the ball to go under the right foot as it is moving to the right and then using the outside of the right foot touch the ball to the right
- Like in (2), take a quick lateral hop to the right and “catch” the ball with the inside of the right foot. Using the inside of the right foot, touch the ball to the left.
- Repeat the sequence

#3. LATERAL 3-TOUCH
Using the same method as in the Lateral 2-Touch, players will now add a second “outside touch” to the process. In other words, to start, using the outside of the left foot, the player will touch the ball two times to the left, lateral hop to the left, touch back to the right once with the inside of the left foot, allow the ball to roll under the right foot, then with the outside of the right foot, touch the ball to the right two times, lateral hop to the right, touch the ball back to the left with the inside of the right foot.

#4. The “L”
Starting with the left foot slightly ahead of the right foot and with the balls and toes (sole) of the left foot resting on top of the ball

- Using the sole of the left foot, drag back the ball so it goes past the heel line of the right foot
- Quickly move the left foot back and with the toes pointed down, use the inside of the left foot and touch the ball to the right, just past the heel of the right foot.
- Make a quarter turn to the right and repeat the process, but this time starting with the right foot, pulling the ball back.