



Ball Manipulation - Back & Forth

Category: Technical: Ball Control

Difficulty: Beginner

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Individual-Adult Member

Description

Screen 1

Setup: Defined space appropriate to the age/level and size of group. Groups of 2-4 players. Defined lane for each group.

Activity: 1 ball per player. Lead coach in center also with cone and ball. All ball manipulations are done moving back and forth across the space. Players should focus on lateral movement of the ball, working their way across with many repetitions. Coach demonstrates each technique. Players work for 1 min with strong foot, then 1 min with weak foot. All players work at the same time, stopping only when the coach stops the group. Coaches circulate and coach. Lead coach stops and demonstrates as required. Look for players doing well and have them demonstrate (show them off to the group).

Progressions: All progression must be performed with equal time allotted for strong and weak side. For more progressions see Core Foot Skills & Moves doc.

Ball Taps/Foundations (Insides of Feet > Soles of Feet > 2 Inside-2 Sole > Forward-Backward > 1/4 Turns Trailing Foot > 1/4 Turns Leading Foot)

Push-Pull (Sole-Inside > Outside-Sole > Laces-Sole > 2-Touch Cruyff)

Inside-Outside (In-In-Out-Out > In-In-Out > In-Out > In R-Out L)

Sole-Outside (Sole-Sole-Out-Out > Sole-Sole-Out > Sole-Out > Sole R-Out L)

Pull Back Vs (2-Touch Inside Cut > 2-Touch Outside Cut > Pull-Back-Ole > Pull-Back-Open-Up)

