

Ball Handling (warm ups)

1. Ball Roll - with the bottom of the foot: front and back; side to side; in a small circle
2. Tick Tock - pass the ball from the inside of the left foot to the inside of the right
3. Hat Dance - lightly touch the ball with the bottom of the left foot, then hop to touch the ball with the bottom of the right foot.
4. Juggling - bounce the ball off your knee as many times in a row as you can.
5. Heading the ball - Coach will demonstrate the skill. Then boys will line up and head back a ball tossed by a parent or partner. Finally, try head juggling. Try to head the ball directly at the ground in front of you.



JP6. Snake Dribble - Divide players into groups of three or four. Middle player (B) starts with the ball. Player B must try to follow the head of the snake, Player A. Player C follows Player B. On command, B steps on ball and becomes new head of snake. Player A goes to the end and Player C now has the ball in the middle.

Coaching Points

Head of snake should move at different speeds, including stopping.

Encourage moving in many different directions.

Middle player must keep eyes up to see the head of the snake.

Encourage use of many different surfaces of the feet in contact with the ball.



JP7. Toss and Control - Players move around the space freely, tossing their own ball in the air and trying to control it before it lands. Players dribble around controlling, then repeat the activity.

Coaching Points

Have player's body touch ball before it first hits the ground.

Have players control first touch with different body parts: foot, head, thigh, etc.

Have players flick ball into hands before the toss, don't allow them to pick the ball off the ground with their hands.

Watch for height. Encourage different heights.

Have players fake before their first touch, fake on way to first touch in the opposite direction.

(Deb Simpson)

<http://www.eteamz.com/soccer/instruction/tips/category.cfm/Control/>

8. Double-Double This-This - A great "dance" I teach all my players is to: Double, Double, this, this
Double, Double, that, that

Double this

Double that

Double, double, this, that

At double you touch the ball gently forward with your instep. At this you nudge with the inside. And at that you tap forward with the outside. Every step is a touch, even if you miss the ball you keep the rhythm going, gaining tighter control and building the tempo. Both the left and the right foot are of course used.

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