

Better ball juggling

Watch your players “touch”, mastery of the ball and all-round soccer confidence progress as they become better and better at juggling.



What you tell your players the session is about

1. Better ball control.
2. Improving coordination.
3. Sharpening reactions.
4. Developing confidence.

Session planner

	Warm up 10 mins	Session 10 mins	Developments 10 mins	Game 20 mins	Warm down 7 mins
Activity					
Warm-up	Balls				Static and dynamic stretching, gentle running and ball work
The session	Balls				Developing ball juggling using various parts of the foot
Development	Balls				Introducing juggling on the thigh
Game situation	Balls, disc cones, tall cones with cord between them or a soccer tennis net				Developing ball control and touch in combination with teammates
Warm-down	Balls				Static stretching for longer, gentle ball work



Where it fits

Individual skills: Ball control

Team skills: Passing

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What to think about

- Inside of foot – from base of big toe to the heel under the ankle.
- Outside of foot – from base of little toe to the heel under the ankle.
- Thigh – soft, fleshy part and not the knee.
- Hit directly under the ball for all juggles.



Set-up

- 1 ball per player.



What you get your players to do

Follow the first three steps using the inside of the foot, then repeat with the outside of the foot before moving to the final progression:

1. Hold the ball then release it so it falls, but tap it back into hands before it hits the ground.
2. This time, rather than catch the ball, tap the ball with the other foot before catching (left-right-catch).
3. Now try increasing the number of times the ball is transferred from left to right and back again (left-right-left-right catch).
4. To progress try using different surfaces of the foot such as the laces.



What to call out

- “Keep the ball close to you”
- “Try and beat your previous best score”
- “Relax”



Development

Get players to “freestyle” – using their thighs plus the inside, outside and laces of both feet in any sequence they want.



Game

Two teams of no more than 4v4 play tennis on a court (approx 8x15 yards depending on number of players, age and ability) with a net halfway.

One player from Team A serves the ball from deep in their half across the net by bouncing and volleying it.

Using any part of their bodies apart from the hands, players from Team B combine to control the ball, juggle, pass and return it over the net. The ball can bounce a maximum of three times.

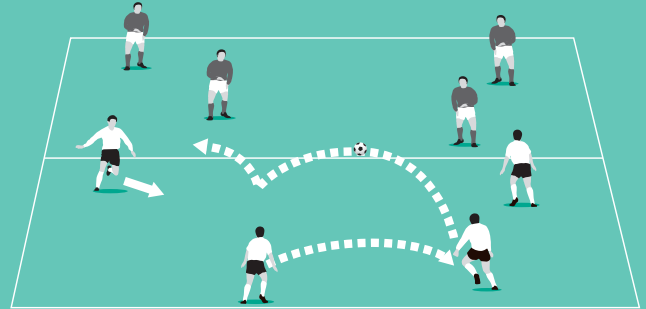
Teams score points every time the ball is returned over the net into the other half of the court successfully.

Alternate service every time a team fails to return the ball.

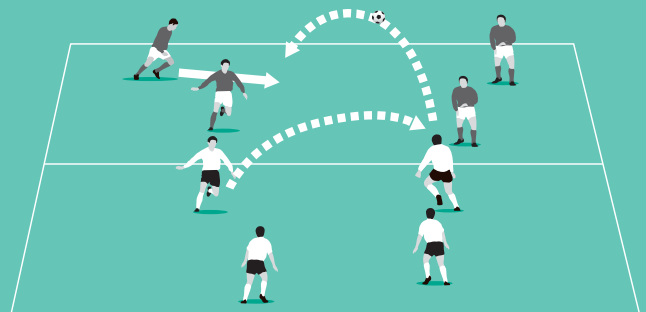
To progress reduce the number of bounces each team is allowed, or limit the number of touches and bounces each team can take before returning the ball.

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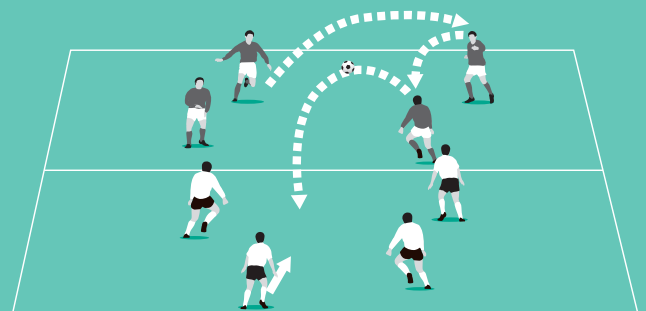
pass player movement



Teams pass the ball but can only have 3 bounces between them.



They must play the ball into the opposition's half.



The other team must return the ball with fewer than 3 bounces or the opposition score a point.