

Ball Magic Volume 9

Setting Goals

1. developing a feel for the ball
2. practicing soccer techniques
3. improving coordination
4. accelerating individual training

Dribbling

1. rolling exercises
 - a. roll the ball to the right with the sole of the foot, stop it momentarily, then roll it the other way with the sole of the opposite foot
 - b. as above but without stopping the ball
 - c. now diagonally forward in a zigzag pattern with two touches by each foot
 - d. rolling the ball across front of body with the inside and outside of the same foot, alternate feet
 - e. tap between feet before suddenly rolling it across front of body with the inside of one foot
 - f. as 'e' above but then roll it back to the original position with the outside of the foot
2. fast footwork
 - a. tap between the insides of feet in place
 - b. tap between insides of feet while moving forward and backward
 - c. as above but now try to cover as much ground as possible between touches, then quick and small steps
 - d. moving forward in a zigzag pattern, tap between insides then occasionally roll ball forward with the sole of alternating feet
 - e. moving ball forward with soles of feet, change tempo and incorporate turns and changes of direction
 - f. moving ball backward with soles of feet
 - g. combine last two exercises
 - h. stand in place, kick the ball sideways from foot to foot with soles
 - i. hop on one foot, move the ball forward with the sole of the other foot
3. coordination exercises
 - a. dribble, stop the ball with the knee, change direction, resume dribbling
 - b. dribble, stop the ball with knee, take ball forward with same foot behind the standing leg
 - c. while dribbling, pull the ball back with the sole of the foot, then change direction with a 90 degree turn (v-turn)
 - d. in rapid succession, pull the ball back with the sole, then take it in another direction with the outside of the same foot

- e. stop the ball with the sole of the foot, then take it quickly behind the standing leg with the inside of the same foot
 - f. use the sole of the foot to take the ball behind the standing leg and diagonally forward
 - g. alternate between pulling the ball back to the outside of the same foot with pulling it back far enough to play behind standing leg
 - h. around the world
4. changes of direction
- a. dribble around an obstacle with a 180 degree turn using inside and outside of foot alternately
 - b. complete 360 degree turn around the obstacle using the inside of the foot
 - c. complete 360 degree turn around obstacle using the outside of the foot
 - d. 180 degree turns by tapping the ball with the inside and outside of the foot alternately
 - e. 180 degree turn while dribbling with the step over fake
 - f. as above, but after the step over resume dribbling using the same foot
 - g. play a square 'pass' with the inside of the foot, move ball along with the outside of the opposite foot
 - h. repeat above exercise with shorter, faster touches
5. juggling
- a. alternate between both feet, allowing the ball to bounce once each time
 - b. thigh-head-catch
 - c. thigh-instep-catch
 - d. kick the ball over head, turn, allow one bounce, then repeat with other foot
 - e. instep-head-bounce-repeat with other foot
 - f. instep-thigh-head-catch
 - g. instep of one foot, making each touch as brief as possible
 - h. 5 times with right instep, then 5 times with left
 - i. alternate between right and left instep, try constantly varying height
 - j. with head only
 - k. high touches alternating feet
 - l. juggle with instep or thigh while moving forward
 - m. alternate between instep and head
 - n. alternate between instep and thigh with same leg
 - o. instep-thigh-head
6. ball control
- a. throw ball up in air, control immediately by wedging with the inside or outside of the foot
 - b. throw ball in the air, touch with chest, then immediately control by wedging with inside or outside of the foot

- c. juggle, then control the ball behind standing leg
- 7. passing and shooting
 - a. off wall, control ball then pass with inside of foot
 - b. off wall, one touch with inside of feet
 - c. off wall, control with inside of foot to inside of opposite foot
- 8. partner exercises
 - a. receive the ball with one foot before passing with other along the ground
 - b. one touch accordion passing
 - c. two touch juggling between partners
 - d. toss to thigh-thigh-instep
 - e. one partner juggles while other partner heads back directly
 - f. toss to chest-thigh-instep
 - g. one player juggles while the other passes directly back with foot