

Ball Skills Workout

The Ball Control/Turning part of this workout is designed to get you "1,000 Touches a Day" and should take no more than 15-20 minutes. It's fine to change the sequence of activities or add/change things to emphasize a weak area or a particular skill but don't avoid a particular turn or move because it's not comfortable. Challenge yourself to do many of these activities at speed and with both feet. Always stretch a bit first and between sections as needed.

I. Ball Control:

Warm up for 5 minutes by dribbling the ball with quick touches changing direction and speed. Use all parts of the foot and stay in a small space where lots of touches and turns are required.

Do each of these touches and turns for about 1 minute each:

1. Inside Roll:

- a. Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot. (think "roll and stop")

2. Outside Roll:

- a. Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot. (think "reach and stop")

3. Side to Side Push-Pulls:

- a. Tap the ball back and forth with inside of feet. Push ball forward with one foot and pull it back with the sole of the opposite foot. (Alternate dragging the ball straight back with one foot then across your body with the other foot.)

4. Pull-Push:

- a. With the ball in front of you, pull the ball back with the sole, then tap ball forward with the instep or top of the same foot. You can turn a slow circle and alternate feet and direction.

5. Pull a V:

- a. Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.

6. Pull a V (Opposite foot):

- a. Pull the ball back with the sole of one foot, then push the ball diagonally forward with the other foot.

7. Zig Zags:

- a. Chop or cut the ball back and forth with your front foot as you jog forward using the inside then outside of the front foot. (Think: "inside/outside" or "big toe/little toe")

II. Turns:

After you walk through each turn at the start, try to get the ball moving across a 5-10 yard space as you start the turn so you can explode out of the turn toward a line or marker. (Think: "slow-in, fast-out" of each turn)

1. Inside of Foot Chop:

- a. Chop down on the ball with the inside of the foot (big toe) taking the ball away in the opposite direction. (Use 2 chops with the same foot or push the ball away with the outside of your other foot.)

2. Outside of Foot Chop (or Cup):

- a. Same as Inside Foot Chop but chop the ball with the outside of the foot (little toe).

3. Pull Back:

- a. Pull the ball back with one foot while turning toward new space at an angle pushing the ball with the same foot.

4. Stop Turn:

- a. Stop the moving ball with the sole of your foot, run over the ball, then play it back in the opposite direction.

5. Cruyff:

- a. Fake kick with your instep, reach forward and chop the front side of the ball behind the standing leg.

6. Steptover Turn:

- a. Step over ball with one foot faking an inside of foot pass, take the ball away with the outside of the same foot or spin and use the other foot.

III. Juggling:

Do all touches with one surface: head, thigh, and feet only for 1 minute each. Always do some foot juggling with no spin on the ball. Then try to do juggling "ladders", go from feet to thigh to head, up then down each side of your body. How many ladders can you do? (Foot-Thigh-Head-Thigh-Foot counts as 1)

IV. Passing/Shooting/Heading: (You will need to find a wall or a partner to complete this section.)

Spend about 5 minutes passing against a wall or with a partner. Alternate feet and use outside and inside of both feet. One touch then two touch.

Do each of these for about 3 minutes or 30 repetitions continuously:

1. Technique: Get 5-7 yards from the wall (10-15 for a partner), shoot the ball at the wall making sure the toe is down, knee is over the ball, the center of your instep is striking the center of the ball, and that the power is coming from the quick snapping motion of the lower leg.
2. First time shooting: Get 10-15 yards from the wall or partner. Continuously strike the ball hard at the wall first time regardless of its height, speed, etc. With a partner, one of you can be a keeper who will try to catch (or trap) every shot and return it to the striker a different way each time (roll, bounce, toss it up, etc.)
3. Trap and shoot: Same as the exercise above except now take 2 touches. You should try to receive the ball cleanly and quickly and shoot as soon as you can back at the wall or your partner.
4. Heading: 2-3 yard from the wall or partner, try to keep the ball alive with just headers.

5. Power Heading: Back up to 5-7 yards and now try to powerfully head the ball back against the wall or at your partner. Vary the height of your target-high, med, low.
6. Jumping Headers: Same exercise as 5 but now get up in the air to head the ball for power. Focus on timing your jump so you are heading the ball at the height of your jump.

V. Speed with the Ball:

Rest by walking for 30 seconds between each exercise in this section:

1. Dribble in a figure 8 around markers 10-15 yards apart alternating with the inside and outside of both feet. As you dribble around one marker, accelerate to the next as if you were beating an opponent. (Do 8 figure 8's, 4 w/each foot, twice)
2. Put a marker about 20 yards from a starting point:
 - a. Sprint-dribble to the marker and stop the ball, sprint back to the starting point, sprint back to the ball, collect it and sprint dribble back to the starting point (twice)
3. Toss the ball high up in the air. Collect it with different body parts (feet, thigh, or chest) and sprint away (10 times)
4. Put two markers down about 7 yards apart. Sprint from cone to cone using a specific turn or move (10 times with 4 different turns)