



# Ball Mastery (Beginner)

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

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## Description

Dribbling and short passing activities.

[https://lnk2ssp.com/s/QILvi/2RQN/Ball-Mastery-\(Beginner\).html](https://lnk2ssp.com/s/QILvi/2RQN/Ball-Mastery-(Beginner).html)

## Cone Line Dribbling (10 mins)

### Title: Cone Line Dribbling

**Purpose:** Quick-controlled touches on the ball with different variations and techniques.

### Organization & Objective:

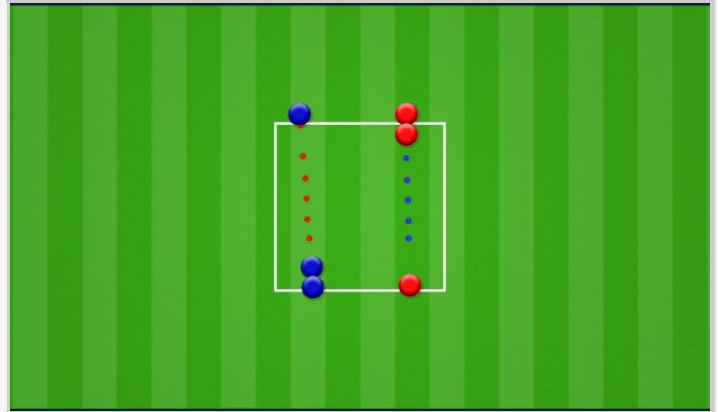
6-8 cones placed 2.5 yards apart in a single file line. 3-4 players in each line. The first player will start by dribbling through the cones, with quick and controlled touches. Upon getting to the end of the line, they will lay the ball off for their teammate. Change the skill/dribbling technique every 1.5-2 minutes.

### Progressions:

- Right foot – left foot through cones.
- Outside – inside through cones.
- Toe taps forward - sideways on.
- Tik toks (Inside of the feet).
- Sole roll - inside touch - inside touch - sole roll.

### Coaching Points:

- Quick, controlled, and effective touches.
- Technique > Speed. Increase speed once you get more comfortable with the skill.
- Pick your head up and eyes looking forward as best you can.



## 3 Cone Technical Mastery (10 mins)

### Title: 3 Cone Technical Mastery

### Purpose:

Quick-controlled touches on the ball with different variations.

### Organization & Objective:

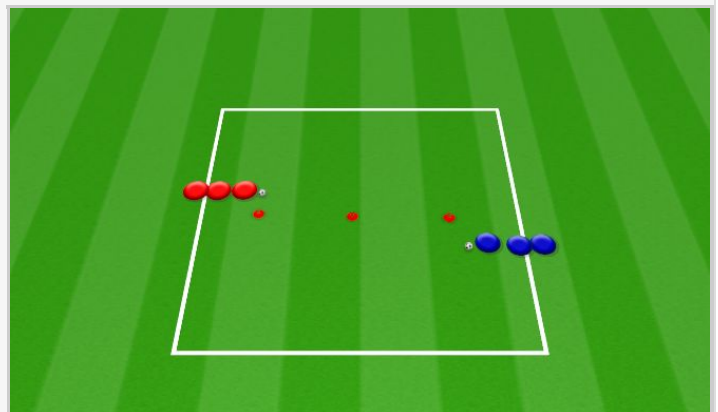
Cones placed in a row of three 5 yards apart. Have two lines on opposite sides but both starting on the left side of the cone to ensure no one runs into each other. Have 2-3 players and one ball in each line. Coach introduces different dribbling variations. Perform each variation for 1.5 - 2 minutes.

### Progressions:

- Inside of the feet.
- Toe Taps forward.
- Inside-outside combo.
- Speed dribble (right foot only & left foot only).
- Dribble to middle cone and sole roll across to the other side between the cones and finish on the other side.

### Coaching Points:

- Quick-controlled touches.
- Technique & Execution > Speed. As technique gets better, increase speed progressively.
- Work to pick your head up and keep your eyes forward.



## Skill Box (1 or 2 touch) (10 mins)

### Title: Skill Box

#### Purpose:

A technical activity that will activate the concepts of passing, receiving, turning, and dribbling all in one.

#### Organization & Objective:

25x25 yds box. 4-5 players on the inside and an equal number on the outside of the box. This can be performed with 12+ players. Just increase the grid size. The players on the outside will start with the balls. Players on the inside will follow variations and receive passes from the outside players. After playing a pass back to the outside player, the inside players will check to the small central square and explode out to receive a new pass. Rotate inside and outside players every 60-75 seconds.



#### Progressions:

- 1 touch
- 2 touch.
- Volleys, thigh volleys, chest volleys. Headers (If age appropriate).

#### Coaching Points

- Properly weighted passes.
- Quality touches executed to the best of your ability.
- Demand the ball from outside players.
- Play with urgency while staying calm and under control.

## Skill Box - Turning (10 mins)

### Title: Skill Box

#### Purpose:

A technical activity that will activate the concepts of passing, receiving, turning, and dribbling all in one.

#### Organization & Objective:

25x25 yds box. 4-5 players on the inside and an equal number on the outside of the box. This can be performed with 12+ players. Just increase the grid size. The players on the outside will start with the balls. Players on the inside will follow variations and receive passes from the outside players. After playing a pass back to the outside player, the inside players will check to the small central square and explode out to receive a new pass. Rotate inside and outside players every 60-75 seconds.



#### Progressions:

- Receive and turn. Dribble into open space before, then use a skill move to turn back and play a pass to the player who played you.

#### Coaching Points

- Quality first touch before executing your turn.
- Deception and creativity when turning.
- Explode into open space after the turn.
- Demand the ball from outside players.
- Play with urgency while staying calm and under control.

## Triangle Partner FitSkill (10 mins)

### Title: Triangle 2 Player Passing Activation

#### Purpose:

Activating short passing combinations with a partner. Check around the top cone before showing to the opposite side.

#### Organization & Objective:

Cones placed in a 3x3x3 triangle. 2 players per group with 1 ball. The player on the base of the triangle will start with the ball. The player standing off the cone will demand the ball, receive, and pass back. After doing so, they will check away around the top cone, and then check back in on the opposite side cone where they will demand the ball again. Players will uphold their roles for 1 minute before switching.

#### Progressions:

- Player working within the triangle will turn and dribble around the top cone to the other side where they'll then play their pass. They'll call again from that side and repeat the action.
- Base player will toss the ball in the air. Player within the triangle is to settle to ground before play the pass back.
- Base player will toss the ball in the air. Player within the triangle will work on different volleys. (Inside, Laces, Chest volley, Headers).

#### Coaching Points:

- Proper weight and accuracy to your passes.
- Focus on a quality first touch to set yourself up for a good pass.
- Players should be on their toes ready to receive and demanding the ball.



## Triangle Partner Dribble FitSkill (10 mins)

### Title: Triangle 2 Player Passing Activation

#### Purpose:

Activating short passing combinations with a partner. Check around the top cone before showing to the opposite side.

#### Organization & Objective:

Cones placed in a 3x3x3 triangle. 2 players per group with 1 ball. The player on the base of the triangle will start with the ball. The player standing off the cone will demand the ball, receive, and pass back. After doing so, they will check away around the top cone, and then check back in on the opposite side cone where they will demand the ball again. Players will uphold their roles for 1 minute before switching.

#### Progressions:

- Player working within the triangle will turn and dribble around the top cone to the other side where they'll then play their pass. They'll call again from that side and repeat the action.
- Base player will toss the ball in the air. Player working within the triangle is to settle the ball to the ground before dribbling around the outside and playing their pass back.

#### Coaching Points:

- Proper weight and accuracy to your passes.
- Focus on a quality first touch to set yourself up for a good pass.
- Players should be on their toes ready to receive and demanding the ball.



## Zig Zag Speed Dribble (10 mins)

### Title: Zig Zag Dribbling & Passing.

#### Purpose:

Dribbling and passing skills at angles.

#### Organization & Objective:

Place 4-6 cones 8-10 yards from one another in a zig zag pattern. 3-4 players at the starting line and 1 player at each of the other cones. 3 soccer balls at the starting line. Players with a ball speed dribble to the diagonal cone and lay the ball off to their teammate. They replace that player as they speed dribble to the next cone. The second player in line begins when the ball in front of them gets to the third cone. When the ball reaches the last cone the player then speed dribbles back to the starting line. Execute for 1.5 - 2 minutes.



#### Progressions:

- How many times can the group get through the rotation in 2 minutes.
- Passing (See *Passing & Receiving Beginner #2*)
- 1-2 Combinations (See *Passing & Receiving Beginner #2*)

#### Coaching Points:

- Speed dribble with laces. Toe pointed to the ground.
- Head up seeing where you are going.
- Check off the cone to create space when getting ready to receive.