



Ball Mastery

- Ball Mastery should be practiced everyday. The more comfortable with the ball, the happier the player. The player will be able to express themselves on the field more freely and have more success. The success of your player relies on you teaching these skills.
- **Body Dribbles-** a fun way to start off dribbling for Little ones. <http://www.youtube.com/watch?v=r13AGLeR0NM>
- **Self Toss Juggling-** <http://www.youtube.com/watch?v=LpQKkrbbdaE>
- **Sole Taps-** <http://www.youtube.com/watch?v=F8yxCaQXBbA>
- **Push-pulls-** <http://www.youtube.com/watch?v=7OBlwtyblRg>
- **Rollovers-** <http://www.youtube.com/watch?v=lKUJ3WcMk9Xg>
- **Inside-Outside Same foot**
<http://www.youtube.com/watch?v=KlCXgadUGMQ>
- **Inside-Outside both Feet** <http://www.youtube.com/watch?v=DW-ko1TP3a0>
- **Inside-outside of the foot-** all of next skills in one.
- **Touch every step**
- **Shuffles with a pull back**
- **Shuffles with a roll over**
- **Shuffles with a step over**
- **Ankle Rolls-** <http://www.youtube.com/watch?v=We5Ay9AHEOk>
- **Change of Directions-** Outside and inside chops
<http://www.youtube.com/watch?v=aQc2HVWoln4>
- **Inside chops-** <http://www.youtube.com/watch?v=yLmp9dxkqgl>
- **Outside Chop-** <http://www.youtube.com/watch?v=82vNVKpp0NA>
- **Together-** http://www.youtube.com/watch?v=MhL_11PhfH0
- **Change of Directions continues-**
http://www.youtube.com/watch?v=9HHU0X_bBd0&playnext=1&list=PLBFBE79713555C284
- **Step Over-** <http://www.youtube.com/watch?v=1VqpYrD1zWs>
http://www.youtube.com/watch?v=9VPK4_4eME0
- **Scissors-** <http://www.youtube.com/watch?v=VV94v5hPoT4>
<http://www.youtube.com/watch?v=5vENehfAMTc>
- **Ball rolls, Sole taps, Pull-Push, Sole Tap Dance (or keorke twist), Toe tap - Scissor (Left & Right), Sole Tap Backwards and Forwards, and lastly sole tap with rolls.**
<http://www.youtube.com/watch?v=kbOeaS10Yhk>
- **Cruyff Turn-** I know video calls it something else, but it widely referred to as the Cruyff. <http://www.youtube.com/watch?v=t-m61uZDHq>
<http://www.youtube.com/watch?v=DOqQbarkPvE>
- **Stanley Mathews-** <http://www.youtube.com/watch?v=43Y2ONKNJo8>
- **Conti Turn-** video say something else but it is a Conti Turn.
<http://www.youtube.com/watch?v=RaXWlubqts0&feature=BFa&list=PLBFBE79713555C284&ind>
- **Maradona-** <http://www.youtube.com/watch?v=oRm3hwwkXeY>
- **Step Over, Scissors, (they call Double Step Over, but really is) Step Over-Scissor, Side Step (or Lung), Double Lung or side step (they call double shuffle?). I put Because of a good Visual and Ideas.** <http://www.youtube.com/watch?v=t75UGioAsz4&NR=1>
- **The Next three links are great Ball Mastery skills broken down by a good instructor**
<http://www.youtube.com/watch?v=4GV8tHLizVE&NR=1>
<http://www.youtube.com/watch?v=Ph4nuEIoJE4>
<http://www.youtube.com/watch?v=1u5iIHlgDNs>
- Every Practice should have some sort of ball Mastery in it. If you have an hour practice, 25-30 should be on technical work, ball mastery, Juggling, passing and receiving.