



Drill Library

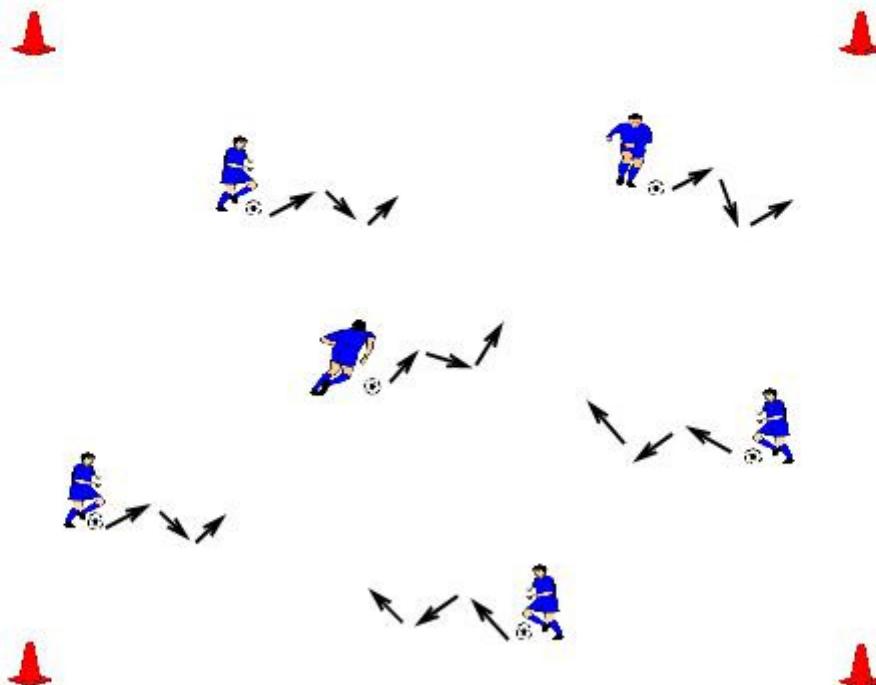


Drill Name: Cutting The Ball

Age Group: U/8 to U/9

Objectives: A ball control exercise that encourages players to keep control of the ball using short, sharp movements to create ball movement.

Diagram:



Description: Players use the inside and outside of their favorite foot to create zig-zags on the ground with the ball. Player then swaps feet.

Progressions: Perform the move at a faster tempo.

Coaching Points: encourage short, sharp foot work.