



IAFC Under 8 to U19 Technical Warm-Up Activities

BALL CONTROL

Heel/Toe Roll:

Technique: Stand behind the ball. Place heel of shoe on ball with toe pointing up. Roll ball towards you with foot moving downballwiththe sole of your foot. End with toe on ball and repeat with ball from toe to heel back and forth. Switch feet.

Progressions: Heel, toe, and then place knee on ball. Hop with standing leg each time you roll the ball

Inside/Outside Roll:

Technique:Stand behind the ball. Place one foot on top of the center of the ball. Roll foot across ball from side to side always keepingfootontheball. Switch feet

Progressions: Hopwith standing leg each time you roll the ball. After a few rolls switch feet while ball is moving

Sole Taps:

Technique: Begin by standing behind the ball. Place one foot on top of the ball and quickly change feet by hopping off your standingleg.Your standing foot should now be on top of the ball. Repeat motion with feet crossing in mid air.

Progressions: Move around the ball in a circle. Move ball forwards, backwards, or sideways

Pendulums:

Technique:Stand with ball between your feet. Keeping knees slightly bent, tap the ball using the inside of the foot from one foottotheother. Repeat back and forth and try to develop a smooth rhythm.

Progressions: Move ball backwards, forwards, or sideways

Sideways Rolls:

Technique:Stand behind ball. Roll the right foot up and over the ball making the ball roll to the left in front of the left foot. Once yourright foot comes back to the ground, quickly move your left foot to the left. Repeat roll with the right foot in the same direction **Progressions:** 5 rolls and change direction using left foot. One roll with right foot, then one roll with left foot. Develop a rhythm

Pull Push Forward:

Technique:Stand behind the ball. Place heel of shoe on ball with toe point up. Roll ball backwards towards you and take foot offball.Pointtoe down locking ankle. Push ball forward with laces and stop with the sole of the foot. Repeat 5 times with each foot. **Progressions:** Alternate feet each time ball move forwards

Pull Push Inside/Outside:

Technique:Stand ball in front and to the left of you. Keeping your left foot planted, reach across with your right foot. Place the heel of shoeon ball with toe pointing up. Roll ball diagonally back towards you. Taking the right foot off the ball, push ball diagonally in front to the right using the inside of your right foot. Quickly reach across with your left and repeat coming back the way you came. **Progressions:** Push with the laces



Pull Push Behind:

Technique:

Ball in between feet. Place heel of right foot on center of ball. Roll ball behind left foot ending with toe on the ball. Take toe off ball and quickly use the inside of the big toe to push ball inside behind left foot. Move left foot quickly to stop ball with sole and repeat. After a few tries switch feet. Progressions: Quickly change feet, performing one with the left foot, then one with the right foot

Inside Roll:

Technique: 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

Outside Roll:

Technique: 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

Side to Side Push-Pull:

Technique: Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot

Side to Side Step-On:

Technique: Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

Side to Side Front Roll:

Technique: Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Pull Instep Push:

Technique: Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.

Pull Vee:

Technique: 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.

Pull & Take with Outside of Foot:

Technique: Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.

Pull & Roll Behind:

Technique: Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot



TURNS

Inside Cut:

Technique:

Dribble the ball forwards. Slow down, shorten strides and reach around the furthest side of the ball with the inside of your foot. Using one sharp cut with the inside of the foot, turn your body 180 degrees. Pivot your standing foot to face back in the direction you came from. Coordinate cut and pivot to achieve sharp turn.

Outside Cut:

Technique: Dribble the ball forwards. Slow down, shorten strides and plant your left foot and reach around the furthest side of the ball with the outside of your right foot. Pointing your toes up turn your right foot to the right as far as possible. Using a sharp cut with the outside of the foot, cut the ball 180 degrees in the opposite direction.

Double Cut:

Technique: Dribble ball forwards and perform an outside cut, immediately followed by an inside cut with minimum steps in between.

Drag Back Turn:

Technique: Push ball in front of you. Plant your left foot with ball forward in your stance. Place your heel of your right foot on top of the ball. Roll heel to toe down the ball to move it behind you. As the ball moves behind you, turn right shoulder to the right to follow the ball and complete the turn by facing in the direction you came from.

Step Over Turn:

Technique: Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction with the other foot.

U-Turn:

Technique: Push ball in front of you. Step lightly on top of the ball with the front sole part of your right foot with toes pointing forwards. Then take right foot off the ball and plant in front of the ball with the toes still pointing forwards. As you land pivot quickly on your right foot to turn body 180 degrees to now face the ball. Lock the right ankle forwards with toes down and push ball back where it came from with front of foot.

U-Turn Step Over:

Technique: Push ball out in front of you. Perform a U-Turn immediately followed by a step over to take ball in the original direction.

Cruyff:

Technique: Push ball out in front of you. Step forward toward ball and plant your left foot by the side of the ball. Bring right foot over the ball (fake kick with inside of foot) and hook your right foot to make contact with the furthest part of the ball with the inside of the right foot. Cut the ball back behind the standing leg and turn your shoulders to the left to face the direction you came from.

Pull Push Behind:

Technique: Push the ball in front of you. Plant your left foot with the ball forward in your stance. Place the sole of the right foot, with heel of foot touching the top of the ball. Roll heel to toe down the ball rolling the ball gently behind you. As soon as you take your right foot off the ball as it is rolling, quickly push the ball with the inside of the right foot behind your standing left leg and push the ball with the standing leg.



Slap Cut:

Technique: Stand behind the ball. Roll the right foot up and over the ball making it roll to the left in front of the left foot.

When your foot comes over the ball, lock the ankle and keep the toes up and slap the ball back in the direction it came from with the outside of the right foot.

Step On:

Technique: Push the ball out in front of you. Stop the ball under your body with a light touch with the sole of the right foot.

Pivot your body turning left to face the direction you came from and push ball with the laces of the left foot.

Double Step On:

Technique: Perform a Step On with the right foot, immediately followed by another Step On with the right foot with minimal steps in between.

Roll Step On:

Technique: Roll ball across body with right foot. When ball is on the left side, immediately place the sole of the left foot on top of the ball and gently pull behind you. Turn your body to the right and push the ball back in the direction it came from with the laces of the right foot.



BEAT OPPONENT

Dribble Stop Dribble:

Technique: Dribble forwards and stop the ball dead by planting your left foot alongside the ball and placing your right foot on top of the ball. As soon as you stop the ball, push the ball forwards with the right foot.

Step Kick:

Technique: Dribble ball forwards and stop the ball with the sole of your right foot. As soon as you stop the ball, touch the ball forward with the toes of the trailing left leg in the direction you are going.

High Wave:

Technique: Dribble ball forwards and place your left foot alongside the ball. Pretend to pull the ball back behind you by with the right foot by reaching over the ball and bringing the foot back without touching the ground and staying close to the ball. Once the foot is behind the ball, quickly push the ball forwards.

Lunge Step:

Technique: As ball is moving forward, step closely behind the ball with the right foot, dipping the shoulder, and bending the leg as if to take the ball with the outside of the right foot. Instead fake, then take the ball with the outside of the left foot.

Scissors:

Technique:

Start with both feet on the left hand side of the ball. Take the right foot and cut around the front of the ball and plant foot to the far side of the ball so the ball is on the other side of you. As you plant your foot, shift body weight and dip shoulders in the direction of the right foot. Quickly bring the left foot behind the ball and use the outside of the left foot to take the ball away at a 45 degree angle to the left.

Double Scissors:

Technique:

Start with both feet on the left hand side of the ball. Take the right foot and cut around the front of the ball and plant foot to the far side of the ball so the ball is on the other side of you. As you plant your foot, shift body weight and dip shoulders in the direction of the right foot. Then repeat this action with the left foot. Quickly bring the right foot behind the ball and use the outside of the right foot to take the ball away at a 45 degree angle to the right.

Step Over:

Technique: Start with both feet to the left of the ball. Bring the left foot forward towards the ball and bring the right foot over the ball, faking to kick, and plant on the opposite side. As you do this, slide your left foot across the back of the ball until it is also on the other side. Move ball forwards to the right at a 45 degree angle with the outside of the right foot.

Double Step Over:

Technique: Push the ball forwards. Perform a step over with the right foot, immediately followed by a step over with the left foot. Take the ball with the outside of the left foot.

Step Over Pull Through:

Technique: Push the ball forwards. Perform a step over with the left foot as if to strike the ball then push ball forwards with the trailing right foot. Then take with the outside of the step over foot.

Scissors-Step Over:

Technique: Push the ball forwards. Perform a scissors with the right foot, and immediately perform a step over with the same foot. Take the ball away with the outside of the right foot.



Step Over-Scissors:

Technique: Push the ball forwards. Perform a step over with the right foot and immediately perform a scissors with the same foot. Take the ball away with the outside of the left foot

Roll Over Step Over:

Technique: Plant left foot to the side and behind the ball. Place sole of right foot on ball and roll it diagonally in front and to the left at a 45 degree angle. As you are rolling the ball, quickly plant the right foot down in the direction of the ball. As the ball comes across your body, perform the step over with the left foot allowing the ball to continue in the same direction and take the ball with the outside of the left foot.

Stanley Matthews:

Technique:
Stand to the left hand side of the ball. Hop sideways with your left leg and dip your shoulders to the left. At the same time, nudge the ball softly across your body towards the left, using the inside of the right foot. As the ball is traveling, quickly touch the ball away at a 45 degree angle to the right with the outside of the right foot.

Reverse Drag Push:

Technique: Perform the first part of the Stanley Matthews (hop sideways and drag the ball with the inside of the right foot softly across your body towards the left) but fake to touch the ball with the outside of the right foot, planting your foot on the right hand side of the ball, and take with the outside of the left foot.

Drag Scissors:

Technique:
Perform the first part of the Stanley Matthews (hop sideways and drag the ball with the inside of the right foot softly across your body towards the left). Perform a scissors with the right foot and take the ball with the outside of the left foot.

Front Roll:

Technique: While ball is moving forward, pull ball across the body with the sole of the foot and take with the outside of the opposite foot

Ronaldinho:

Technique: Touch the ball 45 degrees to the right with the outside of the right foot (toes). Keeping the foot in contact with the ball, roll foot around ball so that the inside of the right foot is in contact on the opposite side of the ball. Flick the ball with the inside of the right foot (toes) to the left at a 45 degree angle. Perform this move in one fluid motion.

Half Pull Spin:

Technique: Push the ball forwards and touch the top of the ball lightly with the sole of both feet, landing beyond the ball. As soon as feet plant, pivot the body to face the original direction

360:

Technique: Push ball forward and stop it with the sole of one foot while stepping past it. Turn and drag the ball back with the sole of the other foot, continuing to turn all the way around and take the ball with the inside of the first foot in the original direction

Step Flick:

Technique: Push ball forward. Back heel the ball with the heel of the left foot into the inside of the trailing right foot to touch the ball behind the now planted left leg.



Hip Swivel:

Technique: Push the ball forwards and cut the ball softly with the inside of the foot, swiveling hips towards the ball, then immediately reverse direction of the hips and take the ball with the inside of the other foot back in the direction you want to go.

Inside Twist Off:

Technique: Cutball back with inside of the foot, continue turning $\frac{3}{4}$ of the way around and take the ball with the inside of the same foot

Outside Twist Off:

Technique: Cutball back with outside of the foot, continue turning $\frac{3}{4}$ of the way around and take the ball with the outside of the same foot



ACTIVITIES

Ball Mastery 1:

Set-Up: All players have a ball and dribble around in a grid. Players perform ball mastery exercises at own pace.

Progressions: Coach decides the move for players to perform. Place 10 cones around the outside of the grid and after performing a move, players dribble as fast as they can to an outside cone.

Ball Mastery 2:

Set-Up: Place cones in random order in grid. Each player has a ball. Players dribble around grid and perform a move at a cone and accelerate into space.

Progressions: Players perform move at one cone followed by another before accelerating into space.

Ball Mastery 3:

Set-Up: Create one even square for each player within grid. Players are dribbling and practicing ball mastery in their own grid. When coach shouts "switch" players rotate in a snake like fashion.

Ball Mastery 4:

Set-Up: Players dribble into the middle of the square, perform a move of choice, and dribble to an open perimeter line.

Progressions: Add a passive defender who stands in middle for attackers to judge when they need to do the move.

Ball Mastery 5 (Figure 8):

Set-Up: One player, one ball. Place two cones 8 yards apart. Dribble the ball in a figure 8 pattern around the cone using the inside and outside of the right foot.

Progressions: Use left foot only. Use only the outside of both feet or inside of both feet.

Ball Mastery 6:

Set-Up: All players have ball and are at one end of grid. Players dribble and practice ball mastery skills making their way across the grid.

Progressions: When coach shouts "turn" players turn and dribble in the opposite direction.

Ball Mastery 7:

Set-Up: Players in two groups diagonal from each other. First player in each group dribbles to first set of cones 5 yards apart and performs step kick then dribbles to the next set of cones 5 yards away. He/she then joins the back of the next group.

Progressions: High wave. Double step on. 360.

Ball Mastery 8 (Zig Zag):

Set-Up: Cones positioned diagonally in a zigzag 5 yards apart. Players begin at one end and take it in turns to work through the course, dribbling and performing moves with both feet.

Progressions: Perform a variety of moves to challenge players.

Ball Mastery 9:

Set-Up: 4 cones in the middle of the grid in a rectangle. Players split into 4 groups in the 4 corners of the grid. Players dribble to their middle cone, perform a turn and then dribble back.

Progressions: After turn, pass the ball back to the next player in line. Have a player stand by the middle cone and act as a passive defender.



Ball Mastery 10:

Set-Up: Players are in 4 groups positioned on outside of grid between 2 cones, facing a middle cone. 1st attacker from each group dribbles out towards the cone and performs a move taking the ball to the right and dribbles to join the back of the group to the right. Progressions: After performing a move, 1st attacker passes to the 1st player in the group to the right. Players change direction and now go around to the left.

Ball Mastery 11:

Set-Up: Players are in pairs or groups of 3 in a line behind a cone facing another cone 10 – 15 yards away. Players dribble at cone and perform a cut move before dribbling back. Then the next player goes.

Progressions: Perform a takeover with your partner upon return to the start line. Pass the ball to the next player after performing a turn at the cone.

Ball Mastery 12:

Set-Up: Players are in groups of 3 each with a ball. 2 players at one end and another play 20 yards away. A cone is placed in the middle. 1st attacker dribbles towards cone (defender) and performs a move and then dribbles behind teammate at other end. The next player then goes. Progressions: After performing the move, 1st attacker passes the ball to the next player. Player waiting to receive the ball checks away, and then moves towards the ball after it is passed.

Ball Mastery 13 (Aerial Control):

Set-Up: All players have a ball each in grid. Players serve the ball in the air and have to control it with their chests, thighs, laces, and inside of the foot. Work on each body part for a couple of minutes. Judge the flight of the ball and move your feet to get into the correct body position. Quickly decide what surface you will use to control the ball. Cushion the ball “softly”.

Progressions: As players improve, they can throw the ball up higher. Players can also combine touches, such as thigh then laces.

Ball Mastery 14 (Aerial Control 2):

Set-Up: Players in 3's with 2 balls. Players with balls are servers. Each server takes it in turn to pass to the receiver. The receiver tries to control the ball, and then passes it back to the original player.

Progressions: Start with low service and work through different body part.

Ball Mastery 15 (Aerial Control 3):

Set-Up: All players in the grid, half with the ball and half without. All players moving around. Players have to find a player with a ball who serves to them, they control and pass back. Work for a minute then switch servers.

Progressions: Combine surfaces 2 touches to control and pass back to server.

Ball Mastery 16:

Set-Up: Players in groups of 3, with two balls to a group. Designate two servers on the end and a runner in the middle. Server 1 passes/throws ball runner, who controls it and plays back to Server 1, and then runs to repeat the sequence with server 2.

Progressions: One ball. Runner receives ball from Server 1 and passes to Server 2. Runner then receives from Server 2 and passes to Server 1, and so on. Vary service into runner.

Ball Mastery 17 (Mirrors):

Set-Up: In pairs, one ball per pair. Two cones 15 yards apart. Imaginary line between cones that neither player can cross.

Attacker (player with ball) tries to touch either cone with ball under control before defender can touch cone with their hand. Defender can only touch cone which attacker is going towards. Change turns every effort. Progressions: Score 1 point for being first to the cone. Use weaker foot only.



Ball Mastery 18 (Passive Defender):

Set-Up: Players split into two groups, attackers or defenders. Attackers have ball and practice dribbling and performing moves against a passive defender.

Progressions: Defender can poke ball away if see too much of it.

Ball Mastery 19 (Passive Defender 2):

Set-Up: In pairs (or groups of 3), stand facing your partner on a cone 10 yards apart. One player has the ball (attacker) and begins to dribble towards their partner (defender). The defender waits until the attacker gets close then steps one foot forward as if to tackle the player with the ball but no tackling is allowed. The attacker performs a move, and dribbles back towards the start cone. The ball is then passed across to the partner and the sequence is repeated. Progressions: Use weaker foot.

Ball Mastery 20 (Passive Defender 3):

Set-Up: In pairs (or group of 3), stand facing your partner on a cone 10 yards apart. One player has the ball (attacker) and begins to dribble towards their partner (defender). The defender walks straight towards the partner's cone. No tackling allowed. The attacker performs a move, goes past the defender and dribbles to the opposite cone. When both players are at opposite cones, the ball is passed across and the sequence repeated. Progressions: Defender slowly jogs across.

Ball Mastery 21 (Passive Defender 4):

Set-Up: Limited Pressure. Teams 10 yards apart. X plays ball to Y and Y sets up for an outside of the foot cut by taking the first touch and dribbling towards the right before performing an outside of the foot cut and dribbling through the small coned goal.

Progressions: X touches the ball to the left to perform an inside cut first then touches the ball in the opposite direction to perform an outside cut then finishes by dribbling through the small coned goal.

Ball Mastery 22:

Set-Up: Attacker with ball attempts to dribble to the set of cones 5 yards away or back to the start line before the defender. Defender cannot move until the attacker has touched the ball.

Ball Mastery 23 (Juggling):

Set-Up: One player, one ball. Have each player toss the ball and "juggle" it with any body part. Allow one bounce between touches.

Progressions: No bounce between touches. Designate a body part, e.g. only feet. Combine body parts, e.g. foot, then thigh.

Adapt partner and add a touch limit. Allow partner to call out number of touches player needs to take before passing it across

Ball Mastery 24 (1st Touch):

Set-Up: Divide the team into pairs, giving each pair one ball and two cones. One player will initiate passes, the other will return them. The player making the pass will pass alternately to one of the two cones, where the other player will run to make the return pass. Reverse the roles often.

Ball Mastery 25 (1st Touch):

Set-Up: Players are in pairs. One ball. Player A passes to Player B (1). Player B takes a touch with the inside of the back foot across to the other cone (2) and passes to Player A (3). Player A takes a touch with the inside of the foot across to the other cone and repeats the sequence. Progressions: Receive ball with outside of foot. Receive ball with inside of front foot. Receive ball with inside/outside.