

# Ball Control

Receiving passes and getting them under control is one of the most demanding aspects of offensive play in soccer. Maintaining possession of the ball is a key factor in scoring goals. This segment covers the skills needed for tight ball control.

## **BASIC POINTS COVERED:**

1. Disguise the direction of the ball pass as much as possible.
2. Shield the ball from opponent with the body.
3. Stay aware of where other players are positioned.
4. Maintain precise, fluid movements.
5. Collect ground or high balls with the inside or outside of the foot, the instep of the foot, the thigh, or the chest.

## **TRAINING EXERCISES:**

1. One offensive player practices against one blocker and one goalkeeper, the goalkeeper acting as a server. Emphasis is placed on collecting the ball with the **INSIDE** of the foot.
2. Using the same team arrangement, the players practice receiving and moving the ball with the **OUTSIDE** of the foot.
3. Both the inside and outside use of the foot are emphasized as well as variations of body movement to disguise the action of the feet.
4. Players practice the control of high balls, both sharp dropping balls and lower arched balls. The goalkeeper throws a series of high balls to his team member who practices killing the ball with his foot then shooting for the goal.
5. The players practice controlling high balls using both the inside and outside of the foot.
6. The players practice catching the ball with their chest, arching the body backwards to deaden the bounce of the ball.
7. Ball control skills are practiced in a real game situation.