

Warm Up Activity - #3 / Ball Mastery

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange your players into four groups.
- Each group has a ball.
- The four groups work simultaneously.
- Players to dribble towards the centre cone and execute a turn before dribbling out to their team mates.

The players can use various turns of their own such as:

- Hook Turn
- Sole Turn
- Outside Cut
- Inside Cut
- Cruyff Turn
- Step Over
- Drag Back

Coaching Remarks

- Encourage players to approach slowly and accelerate away after the turn.
- Encourage players to show disguise.
- Encourage players to be creative and show imagination.

Diagram

