

Pierrot Labat's
Elite Player Training Method



DVD 1 Transcript

DVD 1

Footwork and Ball Control While Dribbling and Passing

DVD Intro

DVD 1 will map the basics of movement both with and without the ball. The progression from simple to more complex exercises is carefully designed so players can maximize the benefit and perform the skills well. DVD 1 will focus on foot and speed placement, agility and balance, ball control, passing, and advanced technical exercises using multiple players.

Session 1

Footwork Using Small Steps

Session Intro

Session 1 will demonstrate footwork, foot placement, explosiveness, coordination and the importance of using small steps. Exercises are done without a ball so that players can concentrate on their feet and body movement.

Exercise 1

The player jogs loosely in place on his toes, heels off the ground. Be sure to keep the upper-body and arms relaxed. Repeat 4 to 5 times for 20 seconds each.

Exercise 2

The player jogs loosely in place, like in Exercise 1, and now adds quick running steps. These quick running steps should last 3 to 4 seconds. It is important to stay in one spot, and keep the upper body, arms and shoulders relaxed. Do 2 or 3 repetitions at 20 seconds each.

*** For the following exercises, it's important to make sure that the feet are parallel:**

Exercise 3

The player raises a leg, knee is lifted to about hip-height, and toe is pointed down. After a brief pause, place the foot 4 inches in front of the planted foot. The player then accelerates over 4 to 5 feet with small quickly placed strides. He does 6 to 8 repetitions, alternating right and left foot.

Exercise 4

The player raises a leg; knee at hip-height, toe is pointed down. He does a 90° rotation in the direction of the raised leg, his weight balanced on the tiptoe of the other foot (heels slightly detached from the ground). He places down the tiptoe of the raised foot 4 inches in front of the planted foot, and then accelerates quickly over 4 to 5 feet with small, quick strides. He does 6 to 8 repetitions, alternating right and left foot.

Exercise 5

The player raises a leg, knees at hip-height, toes pointing down. He then turns around 180° in the direction of the raised leg, his weight balanced on the tiptoe of the other foot, heels slightly detached from the ground. He places the toe of the raised foot 4 inches in front of the planted foot then accelerates quickly over 4 to 5 feet with small strides. He does 6 to 8 repetitions, alternating right and left foot.

Exercise 6

The player does small, diagonal sidesteps in a forward direction, quickly and dynamically. He is on tiptoe, legs bent, upper body and arms loose and relaxed. He alternates right and left foot forward every 4 or 5 small sidesteps, over a distance of 20 to 25 feet. He repeats the same sequence 2 or 3 times. The distance between the feet mustn't exceed the width of the hips.

Exercise 7

The player does small diagonal sidesteps in a backward direction quickly and dynamically. He is on tiptoe, legs bent, upper body and arms loose and relaxed. He alternates right and left foot backward, every 4 or 5 small sidesteps, over a distance of 20 to 25 feet. He repeats the same sequence 2 or 3 times. The distance between the feet mustn't exceed the width of the hips.

Exercise 8

The player does small cross steps in a forward direction quickly and dynamically. He is on tiptoe, legs slightly bent, upper body and arms loose and relaxed. He changes direction to the right and to the left every 5 to 6 sidesteps over a distance of 20 to 25 feet and repeats the same sequence 2 or 3 times.

Exercise 9

The player does small cross steps in a backward direction quickly and dynamically. He is on tiptoe, legs slightly bent, upper body and arms loose and relaxed. He changes direction to the right and left every 5 to 6 sidesteps over a distance of 20 to 25 feet and repeats the same sequence 2 or 3 times.

Exercise 10

The player raises one leg, knee at hip-height, toes pointing down. His weight is on the other foot. He rotates his knee across his body and runs at a 45° angle for 4 or 5 strides. He does 2 or 3 repetitions, alternating left and right leg.

Exercise 11

The player does small running steps on one spot in 3 to 4 second sequences, followed by a push-off and jump with the tip of the forward foot. He does a header without the ball as high as possible, his head tilted back, hips sideways and the shoulders turned forward. He does 4 to 6 repetitions, changing the foot he pushes off with. Also, the player does small running steps forward, and repeats the previous heading exercise.

Exercise 12

The player does 6 to 8 quick small strides (as short as possible), up and down a small incline or available grassy hill. He does 4 to 6 repetitions keeping the upper body as relaxed as possible.

Session 2

Footwork With Cones or Posts

Session Intro

In session 2 the player runs between seven cones or posts placed in a straight line. Repeat some of the footwork exercises in session 1. Do these exercises under control and be relaxed. Speed is important but technique comes first.

Exercise 1

Moving through the flags, a player makes 2 or 3 small sidesteps in a forward direction. Be relaxed, legs bent, upper body and arms loose and relaxed. The distance between the feet mustn't exceed the width of the hips.

Exercise 2

The player makes 2 or 3 small sidesteps in a backwards direction. Legs are bent and on tiptoe, upper body and arms loose and relaxed. The distance between the feet mustn't exceed the width of the hips.

Exercise 3

The player does 2 or 3 small sidesteps through cones or flags on tiptoe, followed by a 2 second pause while standing on one foot. This is done in a relaxed manner. He then continues in the opposite direction and repeats the exercise.

Exercise 4

The player does a jump with the tip of the outside foot, which he holds down on the ground for 2 or 3 seconds. He bends the contact leg to cushion the fall and to help with the push-off of the next jump.

Exercise 5

The player does small, forward-facing steps through the posts; turning his upper body in the direction he is running.

Exercise 6 – 10

The player does the same movements as in Exercise 1-5, but more dynamically and quickly. Try to have minimum contact with the ground but always stay in control.

Session 3

Simple Ball Control

Session Intro

In session 3 the player controls the ball on the ground. This technical training must be done in a relaxed manner, while moving on tiptoe and legs slightly bent. Keep in mind: speed, accuracy, small controlled steps and concentration.

Exercise 1

The player dribbles the ball forward with the inside of both feet. After 3-5 touches he drags the ball diagonally across the body and forward. He continues for 15 to 20 yards, alternating the foot he uses to drag the ball.

Exercise 2

The player touches the ball 2 or 3 times with the outside of a foot, then with the outside of the other and so on. It is important to keep the ball close to your feet and use short quick steps.

Exercise 3

The player does several touches with the outside of a foot and also with the outside of the other. Be sure to raise the arm backwards that is opposite of the controlling foot as protection from another player.

Exercise 4

The player dribbles the ball with the inside and then the outside of the same foot, alternating left and right foot. Keep in mind short quick steps and keeping the ball close to the feet.

Exercise 5

The player touches the ball with the inside and then the outside of the same foot, alternating left and right foot. On the move to the outside the player lifts the ball slightly on a diagonal.

Exercise 6

While dribbling forward the player does a quick, sharp double contact on the back part of the ball with the inside and outside of the tip of the foot. The player alternates right and left feet during the exercise.

Exercise 7

Dribbling forward the player does a quick, sharp touch on the back part of the ball with the outside and then inside of the tip of the foot. The player alternates right and left foot during the exercise.

Exercise 8

Dribbling forward the player touches the ball with the inside of one foot, then with the outside of the other, keeping the ball moving in the same direction and never breaking stride.

Exercise 9

The player does a dummy shot with one foot (without touching the ball). He then controls the ball with the outside of the same foot and dribbles forward, alternating right and left foot after the first dummy shot.

Exercise 10

The player dummies a shot, and then dribbles diagonally forward with the inside of the same foot.

Exercise 11

The player dummies a shot, and then dribbles diagonally forward with the inside of the same foot. He then touches the ball outside with the outside of the opposite foot.

Exercise 12

The player does a dummy shot, then with the same foot pulls the ball behind the planted leg and gathers it back with the outside of the other foot. He carries on alternating right and left foot after the first dummy.

Exercise 13

The player dribbles sideways with the outside of one foot for 2 or 3 touches and then does a step-over using the same foot. He then controls the ball with the outside of the other foot moving in the opposite direction. He carries on alternating right and left foot.

Exercise 14

The player touches the ball 2 or 3 times with the outside of one foot and stops it with his sole. He then dummies and pushes the ball diagonally forwards using the inside of the same foot. He carries on alternating right and left foot after the first contact.

Exercise 15

The player touches the ball 2 or 3 times with the outside of one foot and stops it with his sole. He then dummies and then pushes the ball diagonally forwards using the outside of the same foot. He carries on alternating right and left foot after the first contact.

Exercise 16

The player dribbles forward, and after a step over pulls the ball behind the planted leg. Without taking a control touch, repeat the step over with the opposite foot and continue. Remember to alternate right and left foot.

Exercise 17

The player pushes the ball diagonally forward with a dragging motion using the inside of one foot, and then the inside of the other and so on.

Exercise 18

The player touches the ball 2 or 3 times with the outside of a foot. He then places the non-dribbling foot ahead of the ball and with a hitch or hesitation drags the ball forward with the instep of the dribbling foot. This is done with a reduced stride and slight stutter step.

Exercise 19

The player touches the ball 2 or 3 times with the outside of a foot. With the opposite foot, he dummies a drag-back and continues to dribble with the instep or outside of the same foot.

Session 4

Dribbling Under Control

Session Intro

In session 4 the player controls the ball, incorporating more advanced techniques such as step overs and drag-backs. It is important to pay close attention to the demonstrations and study the details of how these exercises are done.

Exercise 1

The player dribbles forward touching the ball 2 or 3 times with the outside of a foot, and does a single step-over with the lead leg. He pushes a diagonal ball forward with the outside of the other foot. He continues the exercise alternating right and left foot.

Exercise 2

Dribbling forward with the outside of a foot, the player does a single step-over with the lead leg. He adjusts his foot placement to do a dummy in the opposite direction of the step-over then pushes a diagonal ball forwards, using the outside of the foot used to do the step-over. The exercise is continued using alternating right and left foot.

Exercise 3

The player touches the ball 2 or 3 times with the outside of a foot, and does a single step-over with the lead leg. He then uses the instep of the same foot to drag and move the ball diagonally forwards.

Exercise 4

The player touches the ball 2 or 3 times with the outside of one foot, does a double step-over or scissor move, then using the outside of the foot drags and pushes the ball diagonally forwards.

Exercise 5

The player touches the ball 2 or 3 times with the outside of one foot, does a double step-over, then pushes the ball forward diagonally using the inside of the same foot.

Exercise 6

The player dribbles forward with the outside of the foot, and then does a single step-over. He then changes direction by pushing the ball with the inside of the opposite foot. He continues the exercise dribbling in the opposite direction and using the other foot.

Exercise 7

The player touches the ball 2 or 3 times with the outside of the foot, then does a step-over. He then changes direction by using the outside of the same foot to push the ball diagonally forward.

Exercise 8

While dribbling the player does a drag-back by first pulling the ball backwards slightly and then forwards. The sole of the foot is placed on top of the ball and the player maintains a controlled stride. Alternate right and left foot and remember the planted foot should be 8-12 inches from the ball.

Exercise 9

The player touches the ball 2 or 3 times with the outside of the foot, then with the same foot, does a drag-back towards the planted foot. He then pushed the ball diagonally; using the outside of the foot he did the drag-back with.

Exercise 10

The player touches the ball 2 or 3 times with the outside of one foot. Then, with the other foot, does a drag-back of the ball towards the planted foot. After shifting his weight he then pushes the ball diagonally forward using the same foot he used to do the drag-back with. Notice the position of the planted foot should be no more than 12 inches from the ball.

Exercise 11

The player touches the ball 2 or 3 times with the outside of one foot. Then, with the same foot, does a drag-back pulling the ball backwards towards the planted foot. He then changes direction using the outside of the same foot he did the drag-back with.

Exercise 12

The player dribbles the ball with the outside of one foot, and then with the same foot, does a drag-back towards the planted foot. Still using the same foot, he slightly lifts the ball on a diagonal forward.

Exercise 13

The player touches the ball 2 or 3 times with the outside of one foot, then with the same foot, does a drag-back towards the planted foot. Then using the inside of the same foot pushes the ball diagonally forwards.

Exercise 14

Dribbling forward with the outside of one foot, the player does a backward drag-back towards the planted foot. He then moves forward by pushing the ball with the instep or top of the foot.

Exercise 15

The player touches the ball 2 or 3 times with the outside of one foot, then does a drag-back pulling the ball behind the planted leg and around to the side. He then dribbles forward using the outside of the other foot.

Exercise 16

Moving the ball diagonally forward the player does a step-over and then drags the ball diagonally forward with the opposite foot in the same direction as the step over. The exercise is repeated without dribbling in between step-overs. Players should move diagonally forwards repeating the same action.

Exercise 17

The player touches the ball 2 or 3 times with the outside of the foot. He then does a double backwards drag-back with one foot and then with the other, as he pivots around and spins 360°. He continues the exercise by alternating the pivoting direction.

Exercise 18

The player dribbles forward, and then does a diagonal backwards drag-back. He pivots around the ball with one foot and then moves the ball diagonally forwards, using the inside of the planted foot.

Exercise 19

The player does a drag-back over the ball using the inside of the foot, maintaining contact throughout. Then, without taking his foot off the ball, pushes the ball diagonally forwards using the outside of the same foot. He continues, with no touch in between, alternating right and left foot.

Exercise 20

The player does a drag-back over the ball using the outside of the foot and without losing contact, pushes the ball across his body diagonally. He continues on, with no other touch in between drag-backs, alternating right and left foot.

Session 5

Passing On the Ground

Session Intro

Session 5 will include exercises for 2 and 3 players working with one ball while passing on the ground. Exercises should be repeated a minimum of 5 times with each foot. Between each pass, players should jog in place without dancing, but in a relaxed manner and on tiptoe.

Exercise 1

The players do one-touch passing with the inside of both feet. They quicken and slow down the speed, doing short, sharp running steps in place in-between each pass.

Exercise 2

Players do one-touch passing, with the inside of the foot, doing a small step movement back and forth, with speed.

Exercise 3

Each player controls the ball with a slight diagonal using the inside of one foot and then passes back with the inside of the other foot.

Exercise 4

Each player controls the ball slightly forwards with the inside of one foot and then returns the ball with a pass using the inside of the same foot.

Exercise 5

Each player controls the ball with the outside of one foot, and then passes back with the inside of the same foot.

Exercise 6

Each player controls the ball (on the sides) with the inside and then the outside of one foot, moving the ball slightly forward. He then passes with the inside of the same foot.

Exercise 7

Each player controls the ball using a drag-back, pulling the ball inside, then, pushing it diagonally forward with the outside of the foot. He then passes back with the inside of the same foot.

Exercise 8

Each player controls the ball with a quick double contact behind the ball; using the interior then exterior of the foot. He then passes back with the inside of the same foot.

Exercise 9

Each player controls the ball with the inside of a foot, then with the outside of the other. He then passes back with the inside of the same foot.

Exercise 10

Each player controls the ball, using a drag-back over the ball then pushes the ball forward with the inside of the same foot. He then takes a light touch with the outside of the other foot and passes back with the inside of the same foot.

Exercise 11

Each player controls the ball with a quick double contact; first with the outside then with the inside of the foot. He then passes back with the inside of the other foot. A dribble with the exterior of the same foot can be done before the pass.

Exercise 12

The player controls the ball with the inside of one foot and pulls it behind the planted leg. He touches the ball with the outside of the other foot and passes with the inside of the same foot.

Exercise 13

Each player controls the ball with the inside of one foot, pulls it behind the planted leg turning 180° and follows up with a dribble with the exterior of the other foot. He gathers the ball and passes back with the inside of the same foot.

Exercise 14

Each player controls the ball on the ground by trapping with a catching motion. Maintaining contact with the ball, he pushes it slightly forward and passes back with the inside of the same foot.

Exercise 15

Each player moves to the ball and controls it on the ground with the inside of the foot. Facing sideways, he makes a turn by dribbling the ball with the inside of the other foot.

Exercise 16

The player controls the ball with the inside of the foot after dummies, and does a complete 360° turn, dribbling the ball with the inside of one foot. Notice how the ball appears glued and remains very close to the player's foot.

Exercise 17

Each player controls the ball after dummies with the outside of one foot. He then does a complete 360° turn with the ball using the outside of same foot. He passes back with the inside of the same foot.

Exercise 18

The player controls the ball with the inside of one foot while doing a turn. Then, after doing a dummy movement, dribbles the ball with the inside of the other foot and does a small acceleration. He gathers the ball by pulling it behind the planted leg and passes back with the inside of the same foot.

Exercise 19

One player moves forwards, the other backwards, covering a distance of 20 to 30 yards. The player moving forwards passes the ball on the ground with the inside of one foot. The player who moves backwards stops the ball with the sole of one foot and continues back with small quick steps, in a straight line. Be sure to alternate right and left foot.

Exercise 20

The player moves backwards diagonally with quick small cross steps, and passes the ball back with the inside of the outer foot. He alternates his diagonal movement every 3 to 4 cross steps.

Exercise 21

The player moves back diagonally with quick small sidesteps and passes the ball back with the inside of the outer foot. He alternates his diagonal movement every 3 to 4 sidesteps.

Exercise 22

Two players run parallel to each other and do one-touch passes with the inside of the outer foot. Jog in a relaxed manner using small steps.

Exercise 23

Two players pass to each other with the inside of the outer foot. They do a step-over with the inside foot and control the ball with the outside foot; taking one touch, then passing back to their partner.

Exercise 24

Two players pass to each other as they run with the inside of the outer foot. They do a step-over with the inside foot and control the ball with a forward drag, using the sole of the outer foot.

Exercise 25

One of the players passes the ball with the inside of his outside foot, while his partner runs behind him and around to receive the ball on a diagonal run. He controls the ball with the inside of his outside foot and then passes slightly forward for his partner, repeating the same run. The sequence is repeated many times while running forward.

Exercise 26

Repeat the same movements as exercise 25, but this time when receiving the ball do a step-over with the inside foot and control the ball with the inside of the outer foot. Follow up with a pass, with the inside of the other foot, into the path of the other player. Repeat the sequences several times.

Exercise 27

Repeat the same movements as exercise 26 however this time when receiving the ball do a step-over with the inside foot and then a drag forward using the inside and sole of the outside foot. Follow up with a pass, using the inside of the other foot, into the path of the other player, who is running behind and around.

Session 6

Complex Passing with 3 Players

Session Intro

In Session 6 we explain exercises done with three players placed 20-25 feet from one another. The player who is in the middle will be doing the exercises. Outer players should jog on the spot between passes. For these exercises the ball will remain on the ground as the center player moves to the ball with quick, small steps. He calls for the ball and delivers a strong pass in return. Repeat the exercises 6 times on each side, alternating right and left foot, and then change positions with one of the outer players.

Exercise 1

The middle player faces slightly sideways and receives the pass using the inside of one foot. He controls the ball by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. Then, he dribbles the ball with the inside of the other foot and passes the ball back to the waiting opposite player.

Exercise 2

The middle player controls the pass with the inside of one foot and drags the ball behind the planted leg with the same foot. After a half-turn, he dribbles the ball with the outside of the other foot and then passes the ball with the inside of the same foot, to the player opposite.

Exercise 3

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he dribbles diagonally forwards using the inside of the same foot, then passes the ball with the inside of the other foot.

Exercise 4

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he dribbles using the interior then exterior of the control foot, on the sides of the ball, then passes the ball with the inside of the same foot.

Exercise 5

The middle player controls the ball by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he dribbles with a drag-back over the ball with the interior then exterior of the control foot, followed by a pass with the inside of the same foot.

Exercise 6

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he dribbles with a quick double contact behind the ball using the interior and exterior of the control foot. This is followed by a pass with the inside of the same foot.

Exercise 7

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he dribbles with the interior of one foot and then the exterior of the other, followed by a pass with the inside of the same foot.

Exercise 8

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player, he uses the same foot to do a drag-back over the ball, and with the inside of the same foot, reverse the ball’s direction. Next, with the outside of the opposite foot, he dribbles diagonally forwards. He then passes with the inside of the same foot.

Exercise 9

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player he does a quick double contact behind the ball using the exterior then interior of the same foot. He then passes the ball back with inside of the other foot.

Exercise 10

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player he does a step-over followed by a dribble with the inside of the opposite foot. He then passes the ball back with the inside of the other foot.

Exercise 11

The middle player controls the pass by cradling the ball with the inside of the foot and at the same time pivoting and turning. The ball appears “glued” to the inside of the same foot. After the turn and facing the opposite player he does a step-over followed by a dribble using the exterior of the same foot. He then passes with the inside of the same foot.

Exercise 12

The middle player controls the pass with the inside of the foot and facing forward, pivots around using short quick touches. The ball appears “glued” to the inside of the foot. After the turn and facing the opposite player, he does a step-over followed by a dribble with the inside of the opposite foot. He then passes the ball back with the inside of the other foot.

Exercise 13

The middle player controls the pass with the inside of the foot and facing forward, pivots around using short quick touches. The ball appears “glued” to the inside of the foot. After the turn and facing the opposite player he does a step-over followed by a dribble using the exterior of the same foot then passes with the inside of the same foot.

Exercise 14

The middle player controls the pass with the outside of the foot and turns. It is important to keep the ball close and under control. After the turn and facing the opposite player he passes the ball using the inside of the same foot.

Exercise 15

Using a pass and follow technique, the middle player passes to an outside player. He follows his pass to meet the returned ball, with one touch, which is then passed by the same outer player across to the other outer player and so on. Players move to change place with partners. While waiting for the ball, they jog lightly in place.

Exercise 16

When receiving the short pass from the middle player the ball is controlled using the outside of one foot, slightly diagonally forwards, followed by a pass with the inside of the same foot.

Exercise 17

When receiving the short pass from the middle player the ball is controlled using the inside, then quickly by the outside of the foot, followed by a pass with the inside of the same foot.

Exercise 18

When receiving the short pass from the middle player, the ball is controlled using a drag-back to the inside, and then using the outside of the foot, to the outside. The ball is then passed to the far opposite player.

Exercise 19

When receiving the short pass from the middle player the ball is controlled using the inside of one foot, then the outside of the other, followed by a pass with the inside of the same foot.

Exercise 20

When receiving the short pass from the middle player the ball is controlled using a drag-back to the outside then quickly back to the middle, followed by a touch with the exterior of the other foot.

Exercise 21

When receiving the short pass from the middle player, it is controlled by dragging the ball behind the planted leg, followed or not by a touch before the pass, with the interior of the planted foot.

*** For the following exercises, 3 players are placed in a triangle formation, 5-7 feet apart. All players are jogging in the same direction. The middle player with the ball passes diagonally forwards, into the path of a running, outer player. He then runs around and behind the player who received the ball and changes the direction of his run to receive a return pass. All 3 players follow a criss-cross motion to run behind one another and receive a diagonal pass. The sequence is repeated to produce a smooth and fluid transition of passing and short, diagonal runs.**

Exercise 22

While doing the criss-cross run, players use one touch passing with the inside of their outer foot. Passing is precise and under control to maintain the rhythm of the exercise.

Exercise 23

During the criss-cross run, the player receiving the ball does a step over with the inside foot and then controls the ball with the inside of the outer foot.

Exercise 24

When receiving the ball on the criss-cross run, the player does a step-over with the first leg, and then drags the ball forward with the inside or the sole of the outer foot.

Session 7

Complex Passing with 4 Players

Session Intro

Session 7 will describe exercises using 4 players while training with the ball on the ground. Players are placed at each corner of a triangle, about 15 feet apart. Cones are placed at each corner to be used as a guide for the players. The fourth player has the ball and when starting, is placed close to one of the three players. For the following exercises players pass the ball to each other using a pass and follow motion, which moves the ball around the triangle from player to player.

Exercise 1

The players control the ball with the interior of the outside foot, cradling the ball diagonally forwards, while pivoting towards the teammate he will be passing the ball to. The pass is made with the inside of the same foot.

Exercise 2

The players control the ball with the exterior of the outside foot and move the ball diagonally forwards towards the player they will be passing to. The pass is made with the inside of the same foot.

Exercise 3

The players control the ball with the interior of the inside foot, and pass it on with the inside of the other foot.

Exercise 4

The players control the ball with the interior of the outside foot, and pass it on with the inside of the other foot.

Exercise 5

The players control the ball with the interior of the inside foot, then give a light touch with the exterior of the other. They pass it on with the inside of the same foot.

Exercise 6

The players control the ball with the interior of the outside foot, and then take a light touch with the exterior of the other. They pass it on with the inside of the same foot.

Exercise 7

The players control the ball with the interior of the outside foot and guide it behind their planted leg. This can be followed or not by a touch before the pass is made with the inside of the same foot.

Exercise 8

Using one touch passing, the player who passes the ball receives it back then leads the player with a diagonal pass in the direction of the next receiving player. The sequence is repeated with each player in the triangle for several minutes and in both clockwise and counter-clockwise directions.

Exercise 9

The 4th player passes the ball across the triangle and replaces the player at the next position who is moving towards the player receiving the pass. The player receiving the pass does a one-touch pass to the player on the move. This player then does a one-touch pass across the triangle, which starts the sequence over again. This exercise should be done in both clockwise and counter-clockwise directions.

Session 8

Ball Control with 1 Player

Session Intro

Session 8 will describe exercises controlling the ball in the air with one player and one ball. Players should juggle high, knees at hip-height and alternate right and left foot. The ball must not go higher than the head, unless otherwise indicated.

Exercise 1

The player juggles with the top of each foot.

Exercise 2

The player juggles with the top of each foot, jumping on one leg just as the ball touches the other foot.

Exercise 3

The player juggles with the top of each foot, putting the ball above the head now and again. He then gathers it with the top of his weak foot and starts juggling again. He does short running steps while the ball is in the air.

Exercise 4

The player juggles, alternating top and inside of one foot, then the top and inside of the other.

Exercise 5

The player juggles, alternating the top, inside, and outside of the foot.

Exercise 6

The player juggles, alternating top, inside and outside of the foot; but this time alternating feet with each touch.

Exercise 7

The player juggles, using the top of the foot and then the thigh of the other leg. A header is used if needed.

Exercise 8

The player juggles with the top of the foot, lifting the ball over his head now and again, and then balances the ball on the top of the foot. After 2-3 seconds he flicks it up again and continues juggling.

Exercise 9

The player juggles with the top of the foot, puts the ball over his head, and then does a half-turn. He then gathers the ball with the top of his weak foot, and continues juggling.

Exercise 10

The player juggles with the top of the foot then controls it with his chest; legs slightly bent, with the planted foot forward. He then pops it over his head with a juggle, does a half-turn, gathers the ball with the top of his weak foot, and starts juggling again.

Exercise 11

After a high juggle, the player does a dummy move, and then controls the ball on the ground with the inside of one foot using a sweeping motion on a half volley.

Exercise 12

After a high juggle, the player controls the ball on the ground using the inside and then the outside of the same foot. He then gathers it with a second control using the inside of the other foot.

Exercise 13

After a high juggle, the player controls the ball on the ground with a half-volley behind the planted leg, using the inside of one foot. He then gathers it with the inside of the other foot.

Exercise 14

After a high juggle, the player controls the ball on the ground after a dummy move, by sweeping the ball on a half volley with the outside of the foot.

Exercise 15

While juggling, the player lifts the ball over his head and does a half turn. He then controls it on the ground with the inside or outside of one foot.

Session 9

Ball Control with 2 Players

Session Intro

Session 9 involves 2 players with one ball standing at a distance of 6-9 feet from one another. One of the players or the coach throws the ball to the other player doing the exercise. Each player repeats the technique 5 times and alternates right and left foot. When doing these exercises remember to jog lightly in place in a relaxed manner and on tiptoe.

Exercise 1

The player kicks the ball back on the first touch with the top of the foot; knees are at hip-height, ankles straight, and toes pointed down.

Exercise 2

The player half volleys the ball back with the top of the foot; ankles are straight and locked, toes pointed down.

Exercise 3

The player kicks the ball back with one touch, using the inside of his foot. Knees are at hip-height and ankles are straight as he strikes the ball with a short and sharp action, swinging the foot back and then forward.

Exercise 4

The player controls the ball with the top of one foot, knees at hip-height. He kicks it back with the top of the other foot.

Exercise 5

The player controls the ball with the inside of the foot, knees at hip-height. He kicks it back with the top of the other or the same foot.

Exercise 6

The player controls the ball with the outside of one foot, knees at hip-height. He flicks the ball upward and kicks it back with the top of the other foot.

Exercise 7

The player controls the ball with the outside of one foot, followed by the inside of the other. Knees are at hip-height. He kicks it back with the top of the foot used to first control it.

Exercise 8

The player controls the ball with a thigh, knees at hip-height. He kicks it back with the top of the opposite foot.

Exercise 9

The player chests the ball down, directing it away from the planted foot which is placed slightly forward. He softly volleys the ball back with the top of the other foot.

Exercise 10

The player heads the ball back crisply, without taking his feet off the ground. His legs are slightly bent, one foot placed slightly forward taking the weight, and hips are turned slightly sideways. Remember when heading to keep your eyes focused on the ball and your mouth closed. Tuck in your chin and follow through the ball using only your forehead.

Exercise 11

The player heads the ball back while jumping as high as possible directly above the forward planted foot. He does running steps on the spot before each jump and then uses the correct heading technique: legs slightly bent, arching the back, hips turned slightly sideways, eyes focused on the ball, mouth closed, chin tucked in, and a sharp follow through using only the forehead.

Exercise 12

Each player throws the ball straight up well overhead to himself, and then heads it crisply to his teammate. Meet the ball as high up in the air as possible, using the correct heading technique. Remember to do short running steps on the spot in between jumps.

Exercise 13

The player receives the ball slightly to his side, after sidestepping 2 or 3 steps. He kicks it back with the inside of the outer foot using one touch, knee at hip weight. This should be done alternating to the right and to the left.

Exercise 14

The player does a dummy movement then controls the ball on the ground with the inside of one foot using a sweeping motion and on a half volley. He then passes it back along the ground with the inside of the other foot.

Exercise 15

When the player is thrown the ball he first makes a dummy movement, then controls the ball on the ground on a half volley using the inside and then quickly the outside of the same foot. He passes it back along the ground with the inside of the same foot.

Exercise 16

The player makes a dummy movement, then controls it on the ground on a half volley using the inside of one foot and then the outside of the other. He passes it back along the ground with the inside of the same foot.

Exercise 17

When the player is thrown the ball, he first makes a dummy movement then controls it on the ground on a half volley using the inside of one foot and then the outside of the other. He then gathers it behind the planted leg and passes it back with the inside of the other foot.

Exercise 18

The player makes a dummy movement, then controls it on the ground on a half volley using the outside of one foot, keeping the toes pointed down. He then passes it back on the ground with the inside of the same foot.

Exercise 19

When the player is thrown the ball he first makes a dummy movement. He then controls it on the ground on a half volley using the inside of the foot, gathering the ball behind the planted leg. Then, in the same stride, he controls it with the outside of the other foot, and passes it back along the ground with the inside of the same foot.

Exercise 20

The player makes a dummy movement then chests it down towards the outside of the planted foot, which is placed slightly forward. He then controls the ball on a half volley using the inside of the forward foot and makes a turn.

Exercise 21

When the player is thrown the ball, he first makes a dummy movement and then chests it down towards the inside of the planted foot, which is placed slightly forward. He then controls it on the ground, with the inside of either foot, gathering the ball behind the planted leg, and then dribbling forward with a burst of speed.

Exercise 22

The player receiving the ball takes 3 or 4 steps forward and is thrown the ball over his head. After a quick half-turn and followed by a small acceleration, he controls it on the ground with the inside of one foot. He then gathers it with the inside of the other foot, and passes it back along the ground.

Exercise 23

The player takes 3 or 4 steps forward and is thrown the ball over his head. After a quick half-turn and a small acceleration, he controls it on the ground with the inside of one foot. He then gathers it with the inside of the other foot, puts it behind the planted leg and passes it back along the ground with the inside of the foot.

Exercise 24

The player receiving the ball runs sideways onto the person serving the ball. He chests it down and controls it on the ground in his stride with the inside or the sole of the foot. He then passes the ball back with the inside of the other foot.

Session 10

Ball Control In the Air

Session Intro

The following exercises involve 2 players who are moving forwards and backwards. One player or coach serves the ball while the other performs the training exercises. It is important to jog with small steps while doing these exercises and alternate both right and left foot. Players should cover a distance of 25 to 30 yards back and forth.

Exercise 1

A player jogs backwards with small steps. When served the ball he returns it with the top of his foot using one touch, alternating right and left foot. Knees should be at hip height.

Exercise 2

Jogging backwards with small steps, when served the ball the player controls it with the top of one foot, knees at hip-height. He volleys it back with the top of the other foot.

Exercise 3

Jogging backwards with small steps, the player controls the ball with the inside of one foot, knees at hip height. He volleys it back with the top of the other foot.

Exercise 4

Jogging backwards with small steps, the player controls the ball with the outside of one foot, knees at hip height. He volleys it back with the top of the other foot.

Exercise 5

Jogging backwards and served the ball, the player controls it with his thigh. He volleys it back with the other foot with his knee at hip height.

Exercise 6

Jogging backwards with small steps when served the ball, the player chests the ball down; one foot is placed slightly forward, which takes the weight. The ball is volleyed back with the other foot.

Exercise 7

Jogging slowly backwards, the player chests the ball down to the side opposite the foot that is placed slightly forward, transitioning the weight. He volleys it back with the top or the inside of the other foot.

Exercise 8

Jogging slowly backwards, the player moves back diagonally in small cross steps and passes the ball back with one touch using the inside of the outer foot. Knees should be at hip height. He changes direction every 2 or 3 small cross steps. The exercise can be repeated while jumping. It is important to accurately return the ball back to the server.

Exercise 9

The player moves back diagonally using small cross steps and heads the ball back sharply; head tilted back, one shoulder and hip facing sideways and the forehead facing forwards. He changes direction every 2 or 3 small cross steps. He does a circuit without jumping and then does a second circuit, jumping.

Exercise 10

The player jogs forward using small steps and kicks the ball back with the top of each foot; knees should be at hip-height. Remember, it is important to accurately return the ball back to the server.

Exercise 11

The player jogs forward and controls the ball with the top of one foot, knees at hip-height. He kicks it back with the top of the other foot.

Exercise 12

Jogging forward, the player controls the ball with the inside of one foot and kicks it back with the top of the other.

Exercise 13

While jogging forward, the player controls the ball with the outside of one foot and kicks it back with the top of the other foot.

Exercise 14

The player jogs forwards and controls the ball with his thigh. He kicks it back with the top of the other foot.

Exercise 15

While jogging, the player chests the ball down and forwards, one foot placed slightly ahead of the other to take the weight. He kicks it back with the top of the other foot.

Exercise 16

The player jogs forward and chests the ball down to the side opposite the foot, which is placed slightly forward. He kicks it back with the top or the inside of the other foot.

Exercise 17

The player moves diagonally forward with small sidesteps or cross steps and passes the ball back with one touch, using the inside of the outer foot. He changes direction every 2 or 3 small cross steps. He does the exercise once without jumping and then a second time with a slight jump.

Exercise 18

The player jogs forward using small steps and heads the ball crisply back; the waist and one shoulder are turned slightly to the side. He does the exercise first without jumping and then a second time jumping.

Session 11

Ball Control From a Pass

Session Intro

In session 11 the ball will be passed in the air and placed under control using the inside of one foot. The player dummies, then controls the ball so that it is ready to use, keeping in mind that the ball should never fully stop. The player receiving the ball must always be in motion using small steps. The quality of his control and pass depend on the adjustment of his foot placement and are made alternating right and left foot. Remember that accuracy of passing is critical.

Exercise 1

The player passes the ball in the air to his partner who controls it by “killing it” with the inside of one foot. This is followed by a control on the ground with the inside of the same or the other foot and is set up in a good position to return a similar pass.

Exercise 2

The player passes the ball in the air to his partner who controls it with a chest trap. He controls it to the ground on the side of the planted foot, which is placed slightly forwards. This is followed by a touch on the ball to set up a good position to return a similar pass.

Exercise 3

The player passes the ball in the air to his partner who controls it on the ground on a half volley with the inside of the foot. He controls the ball by sweeping it sideways with the inside of the foot or by pulling it behind the planted leg.

Exercise 4

The player does a curled or bending pass to his partner. When he receives the ball, he controls it on the ground or in the air. Be sure to take a touch that best sets up the ball for a return bending or curled pass.

Exercise 5

Three players are placed in a line, one at each end and one in the middle. The player who is in the middle heads the ball to an outer player and does a pass-and-follow motion. The headers are done with one touch and without jumping. The basic heading technique must be done as much as possible while in motion. The exercise should be done for 30 seconds and repeated 3 times.

Exercise 6

Three players head the ball to each other using a pass-and-follow motion. When the ball is passed to an outer player he takes 2 touches, while the middle player uses only one touch.

Session 12

Technical Dribbling Using Cones or Posts

Session Intro

In session 12 seven cones or posts are placed in a straight line and the player dribbles the ball with short quick steps between each one. He finishes by accelerating over 3 to 4 small strides without losing control of the ball. The exercise is repeated 4 times using both right and left foot.

Exercise 1

The player dribbles the ball with one touch and steers the ball using the inside of each foot. If a bounce board is available, the player can finish the exercise with a pass on the ground to the bounce board. He then controls the ball as it comes back off the board.

Exercise 2

The player uses one touch as he dribbles the ball with the inside of one foot and then the outside of the other. This is done quickly and under control using quick, small steps.

Exercise 3

The player does a dummy movement, dribbles the ball with the inside of the same foot, and follows immediately with a touch from the outside of the other. If a bounce board is available, he finishes with a pass along the ground.

Exercise 4

The player dribbles the ball through the posts, doing a drag back over the ball from the inside to the outside. He then dribbles the ball with the outside of the other foot and continues on.

Exercise 5

The player dribbles through the cones using small touches with the inside and then the outside of the same foot. His body movement follows the path of the ball closely. Be sure to repeat this exercise using both right and left foot.

Exercise 6

The player steers the ball between each cone and drags the ball back diagonally with the outer foot. He follows this with two small touches with the same foot to get himself in position for the next cone and drag-back. Repeat this exercise using both right and left foot.

Exercise 7

The player moves through diagonally placed cones or posts using one touch and the inside of each foot. Try to move at a faster rate and keep the ball under control.

Exercise 8

The player dribbles the ball under control using the inside of one foot, then the outside of the other, steering the ball between cones and posts.

Exercise 9

Moving through cones or posts, the player does a dummy movement with one foot. He then steers the ball with the inside the same foot and then the outside of the other. This exercise can finish with a shot on goal or a pass off a bounce board.

Exercise 10

The player dribbles the ball through the posts doing a drag-back from the inside to the outside. He then takes a touch with the inside of the same foot and then the outside of the other.

Exercise 11

The player dribbles the ball with small quick touches using the inside then the outside of the same foot. His body movement follows the path of the ball closely. Be sure to repeat the exercise several times using both right and left foot. The exercise can be completed with a shot on goal or a pass off a bounce board.

Exercise 12

The player guides the ball through the cones by doing a small drag-back over the ball using the sole of one foot followed by a touch using the exterior of the other.

Session 13

Technical Dribbling

Using Cones or Posts In a Figure-8

Session Intro

In session 13 two diamond shapes or the number 8 is formed using seven cones or posts, with a common corner in the middle. Each player works with one ball individually and sometimes in pairs. If in pairs, they cross each other at the common corner, passing by each side of the cone. Players dribble the ball with short quick steps, on tiptoe, touching the ball during each stride. The exercises are repeated twice with a brief recovery in between each repetition.

Exercise 1

The player dribbles the ball with the inside of the foot around one diamond, and then with the inside of the other foot, around the second diamond.

Exercise 2

Dribbling around each diamond, the player uses the outside of one foot then switches to the other. The switch is made at the common corner of the diamonds.

Exercise 3

The player dribbles the ball with the outside of one foot as far as the common corner and then with the inside of the same foot continues around the second diamond. He alternates right and left foot and can start with the outside or the inside of the foot.

Exercise 4

The player steers the ball with the outside of the foot closest to the cones. At the common corner, he dummies a shot. With the same foot he cuts the ball and continues dribbling with the outside of the same foot around the second diamond. He alternates right and left foot for each repetition.

*** For the following exercises, players will be dribbling inside the diamond shapes from one far corner to the other. They avoid the common cone, or post, with a technical movement.**

Exercise 5

Dribbling inside the cones, the player avoids the center cone by doing a quick interior and then exterior touch on the ball.

Exercise 6

The player moves around the center post by dragging the ball back quickly, not taking his foot off the top of the ball. Then, with the outside of the same foot, he dribbles diagonally forwards.

Exercise 7

The player does a move around the center cone or post by doing a simple step-over with the lead-foot. He then follows with a touch using the exterior of the other foot.

Exercise 8

The player moves around the center cone by doing a double step-over with the lead-foot, followed by a touch diagonally forwards with the interior of the foot.

Exercise 9

The player moves around the center cone by doing a double step-over with the lead-foot, followed by a touch diagonally forwards using the exterior of the foot.

Exercise 10

The player dribbles around the center post by doing a step-over with the non-lead foot. He then, without adjusting his foot placement, dribbles diagonally forwards using the interior of the foot.

Exercise 11

The player dribbles around the center post by doing a step-over with the non-lead foot. He then, after adjusting his foot placement, dribbles diagonally forwards using the exterior of the foot.

Exercise 12

The player avoids the center post by doing a double spin-turn, starting with the lead foot and continuing with the other foot. He then dribbles forward with a touch using the inside of the foot.

Exercise 13

The player dribbles around the center cone by stopping the ball with the sole of the lead foot. He adjusts his foot placement, then, with the outside of the other foot, dribbles diagonally forwards.