

Pierrot Labat's
Elite Player Training Method



DVD 2 Transcript

DVD 2

Precision Training with a Wall, Bounce Board, and Ball Pendulum

DVD Intro

DVD 2 introduces the use of apparatus to enhance a player's daily training routine. The use of a wall, an adjustable bounce board, and the adjustable ball pendulum allows players to train independently and at the same time finely tune their skills. The wall will improve ball control, accurate passing, and reaction time. The bounce board will simulate the game environment and the ball pendulum will allow precise training for the feet, chest, and head. When using these tools, the player's foot speed and reaction time must be quick and the passing accurate.

Session 1

Wall Training with Short Passing

Session Intro

The wall is the ideal partner for a player who wants to work on technique and foot placement. It enables the player to practice basic skills and improve the quality of his technique, and the precision and power of different types of passes and shots. The use of the wall depends on its size. Make use of any flat, stationary surface for passing and ball control training exercises. Many players can train at the same time and success requires accuracy and concentration. The passing must be powerful enough so that the ball returns quickly and is controlled with a skill. Between passes, the player jogs with quick small steps in order to adjust his foot placement to successfully control the returning ball.

Exercise 1

The player stands 5-7 feet from the wall. Using the top of each foot, he does a short, sharp pass on the ground against the wall and with one touch continues the exercise for 30 seconds. Repeat 2 to 3 times. As an option, a player can do the same exercise slower but for a longer time.

Exercise 2

The player stands 5-7 feet from the wall. Using the top of each foot, he does a short, sharp pass on the ground against the wall. The ball is controlled with the inside of the foot, and after adjusting foot placement, is followed by a similar pass with the same or the other foot, and so on. Repeat 2 to 3 times for 30 seconds each.

Exercise 3

The player approaches a stationary ball and shoots hard on the ground against the wall with the top of one foot. When the ball comes back, he controls it with the sole or with the inside of the foot, followed by the same approach and pass with the other foot, and so on. He does 5 shots with each foot, alternating right and left.

Exercise 4

After passing the ball off the wall using the top of the foot, the player controls it with the inside of his shooting foot. He then shoots hard again with the top of the other foot, and so on. He does 5 shots with each foot, alternating right and left. Between passes, he jogs with quick small steps.

Exercise 5

After passing the ball off the wall using the top of the foot, the player controls it with the inside of the non-shooting foot. He shoots hard and low again with the top of the same foot, and so on. He does 5 shots with each foot, alternating right and left. Remember, between passes, the player must jog with quick small steps.

Exercise 6

After passing the ball off the wall using the top of the foot, the player controls it with the inside and then the outside of the non-shooting foot. He shoots hard and low again with the top of the same foot. He does 5 shots with each foot, alternating right and left. Between passes, the player jogs with quick, small steps.

Exercise 7

After passing the ball off the wall using the top of the foot, the player controls it with the sole of the foot. He then rolls his foot to the inside and pushes the ball on a slight diagonal forward with the outside of the same foot. It's important to maintain contact with the ball during this exercise. He shoots hard and low again with the top of the same foot and so on. He does 5 shots with each foot, alternating right and left. Between passes, the player jogs with quick, small steps.

Exercise 8

After passing the ball off the wall using the top of the foot, the player controls it with the sole of the non-passing foot. He then does a quick double contact behind the ball, using the interior then exterior of the foot. He then shoots hard and low again with the top of the same foot, and so on. He does 5 shots with each foot.

Exercise 9

After passing the ball off the wall using the top of the foot, the player controls it with the inside of the shooting foot, then with the outside of the other. He then shoots hard and low again, with the top of the same foot. He does 5 shots with each foot, alternating right and left. Remember, between passes the player jogs with quick, small steps.

Exercise 10

After passing the ball off the wall using the top of the foot, the player controls it with the exterior of the foot. He then drags his foot over the ball from outside to inside without losing contact. He shoots hard and low again with the top of the same foot and so on. He does 5 shots with each foot, alternating right and left foot.

Exercise 11

After passing the ball off the wall using the top of the foot, the player controls it with a quick, double contact behind the ball; using the exterior then interior of the shooting foot, followed by an exterior touch with the other foot. He does 5 shots with each foot, alternating right and left. Between passes, the player jogs with quick small steps.

Exercise 12

After passing the ball off the wall using the top of the foot, the player controls it with the inside of the shooting foot and pulls it behind the planted leg. He then does an exterior touch with the other foot to set up the next pass. He does 5 passes with each foot, alternating right and left. Remember, between passes the player jogs with quick, small steps.

Exercise 13

When the ball comes back off the wall, the player controls it with the inside of the non-shooting foot and pulls it behind the planted leg. He then takes a touch with the outside of the opposite foot. He gathers it with the inside of the foot and, after dummied a shot, pulls it back again behind the planted leg to change direction. He does 5 shots with each foot, alternating right and left.

Exercise 14

When the ball comes back off the wall, the player does a dummy movement and controls it with the inside of the shooting foot. He then does a full 360° turn, the ball “stuck” to the inside of the same foot. He shoots hard and low with the top of the other foot, and so on. He does 5 shots with each foot, alternating right and left. Between passes, the player jogs with quick, small steps.

Exercise 15

When the ball comes back off the wall, the player does a dummy movement and controls it with the outside of the shooting foot. He then does a full 360° turn, the ball “stuck” to the outside of the same foot. He does 5 shots with each foot, alternating right and left. Remember, between passes, the player jogs with quick, small steps.

Exercise 16

When the ball comes back off the wall, the player dummies and controls it with the sole or the inside of the shooting foot. He does a step-over and in the same stride does a full turn with the ball stuck to the inside of the foot. He shoots hard and low with the top of the other foot, and so on. He does 5 shots with each foot, alternating right and left. Between passes, the player jogs with quick, small steps.

Exercise 17

When the ball comes back off the wall, the player dummies and controls it with the sole or the inside of the shooting foot. He then does a step-over and, after adjusting his foot placement, does a full turn with the ball “stuck” to the exterior of the foot. He does 5 shots with each foot, alternating right and left.

Exercise 18

When the ball comes back off the wall, the player controls it with his sole or the inside of the shooting foot. He then does a dummy body movement and, using the inside of either foot, drags the ball sideways and turns. He does 5 shots with each foot, alternating right and left. Remember, between passes the player jogs with quick, small steps.

Session 2

Wall Training with Medium Length Passing

Session Intro

In session 2 the player will perform the exercises 15-18 feet from the wall. Passes or shots can be either on the ground or in the air. When using the inside of the foot, make contact with the back middle part of the ball, with the sole parallel to the ground and ankle locked and straight. A good pass on the ground must be precise and powerful. A pass in the air must be straight, precise and with a trajectory parallel to the ground until its target. Ultimately, a player does not need to move much to do these exercises if done correctly.

Exercise 1

When the ball comes back off the wall, the player controls it with the inside of his shooting foot. He then shoots again hard on the ground with the inside or top of the other foot, and so on. He does 5 shots with each foot, alternating right and left foot.

Exercise 2

When the ball comes back off the wall, the player controls it with the inside of his non-shooting foot. He shoots hard and low on the ground with the top or the inside of the same foot, and so on. He does 5 shots with each foot, alternating right and left.

Exercise 3

The player dribbles forward 2 to 3 touches and passes off the wall with the inside or top of the foot. He controls the returning ball with the outside of the non-shooting foot and with a light touch, turns to dribble in the opposite direction. He does 5 passes with each foot, alternating right and left.

Exercise 4

After passing the ball off the wall with the inside of the foot, the player controls it with the inside and then the outside of his non-shooting foot to prepare for the next pass. He does 5 shots with each foot, alternating right and left.

Exercise 5

When the ball comes back off the wall, the player controls it with his sole or inside of the non-shooting foot. This is followed by a drag back to the inside then, without letting go of the ball, a touch with the outside of the foot. He then shoots hard on the ground with the inside or the top of the same foot, and so on. He does 5 shots with each foot, alternating right and left.

Exercise 6

After passing the ball off the wall with the inside of the foot, the player controls it with his sole or inside of the non-shooting foot. This is followed by a quick double contact behind the ball with the interior then exterior of the foot. He then shoots hard on the ground with the inside or the top of the same foot. Do 5 shots with each foot, alternating right and left.

Exercise 7

When the ball comes back off the wall, the player controls it with the inside of his shooting foot, then with the outside of the other; moving the ball forward on a slight diagonal. He then shoots hard on the ground with the inside or the top of the same foot. He does 5 shots with each foot, alternating right and left.

Exercise 8

After passing the ball off the wall with the inside of the foot, the player controls it with his sole or with the inside of the shooting foot. He then drags the ball back without letting go of it, using the exterior then interior of the same foot, then does a touch with the exterior of the other. He then shoots hard on the ground with the inside or the top of the same foot. He does 5 shots with each foot, alternating right and left.

Exercise 9

When the ball comes back off the wall, the player controls it with a quick double contact using the exterior then interior of the shooting foot, followed or not by a touch with the exterior of the other foot. He then shoots hard on the ground with the inside or the top of the same foot. He does 5 shots with each foot, alternating right and left.

Exercise 10

After passing the ball off the wall with the inside of the foot, the player controls it with the inside of the shooting foot and pulls it behind the planted leg. This is followed by a touch with the exterior of the other foot. He then shoots hard on the ground with the inside or the top of the same foot. He does 5 passes with each foot, alternating right and left.

Exercise 11

When the ball comes back off the wall, the player controls it with the sole of the shooting foot. This is followed by a drag-back without letting go off it, and a push of the ball in a forward diagonal direction with the inside of the foot. He then shoots hard on the ground with the inside or the top of the other foot. He does 5 shots with each foot, alternating right and left.

Exercise 12

After passing the ball off the wall with the inside of the foot, the player controls it with the sole of the foot. This is followed by a backwards drag-back without losing contact with the ball, and then a touch forward with the exterior of the same foot. He then shoots hard on the ground with the inside or the top of the same foot. He does 5 shots alternating right and left.

Exercise 13

When the ball comes back off the wall, the player controls it with the inside or the sole of the shooting foot. This is followed by a forward step-over using the other foot, and in the same stride, a touch forward using the inside of the shooting foot. He then shoots hard on the ground with the inside or the top of the other foot. He does 5 shots with each foot, alternating right and left.

Exercise 14

After passing the ball off the wall with the inside of the foot, the player controls it with the inside or the sole of the same foot. This is followed by a step-over using the other foot and, after adjusting his foot placement, a touch with the exterior of the same foot. He then passes hard on the ground with the inside or the top of the same foot. He does 5 passes alternating right and left.

Exercise 15

The player makes a low hard pass on the ground using the top of the foot with no specific control imposed, but paying attention to the precision of the pass and the speed of execution. He does 5 passes with each foot, alternating right and left foot.

Exercise 16

The player makes a low hard pass on the ground using the inside of the foot with no specific control imposed, but paying close attention to the precision of the pass and the speed of execution. He does 5 passes with each foot, alternating right and left.

Exercise 17

The player does a sharp, 3-foot high shot, striking the ball slightly below the back middle part of the ball using the top of the foot. When the ball returns, the player controls it in the air with the inside of the shooting foot. This is followed by a control on the ground with the inside of the same foot, to be ready for a new pass with the other foot. The player can dummy before controlling the ball in the air or on the ground. Do 5 shots alternating right and left foot.

Session 3

Wall Training with Skills Before the Pass

Session Intro

In session 3 the player positions himself 20 yards from the wall. He dribbles the ball with the outside of one foot over 4 to 5 small strides and performs the exercises before passing or shooting off the wall. He accelerates with quick small steps and controls the rebound with any skill he chooses, making a sharp clean turn while keeping the ball close to the feet. He alternates right and left foot from the start of each run and does 5 repetitions with each foot.

Exercise 1

The player dribbles forward with the outside of the foot and does a quick double contact behind the ball using the interior then exterior of the same foot. This is followed by a hard shot on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 2

The player dribbles forward with the outside of the foot and does a drag-back with the interior then exterior of the same foot, without losing contact with the ball. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 3

The player dribbles forward with the outside of the foot and does a quick double contact using the interior then exterior of the same foot. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 4

The player dribbles forward with the outside of the foot and does an interior touch with the same foot and an exterior touch with the other. This is followed by a hard shot on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 5

The player dribbles forward with the outside of the foot and does a drag over with the exterior then interior of the same foot, not losing contact with the ball. This is followed by an exterior touch forward with the other foot. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 6

The player dribbles forward with the outside of the foot and does a quick double contact behind the ball using the exterior then interior of the same foot. This is followed or not by a touch with the exterior of the other. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 7

The player dribbles forward with the outside of the foot and does a dummy shot with the same foot. This is followed by a diagonal forward touch using the top or the inside of the same foot, and then the exterior of the other. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 8

The player dribbles forward with the outside of the foot and does a dummy shot with the same foot. This is followed by a drag or push forward of the ball with the inside of the same foot and then a hard shot on the ground with the top of the other foot. He accelerates with quick small steps, and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 9

The player dribbles forward with the outside of the foot and does a simple step-over with the lead leg followed by a touch with the exterior of the other foot. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 10

The player dribbles forward with the outside of the foot and does a simple step-over with the lead leg. This is followed by an interior touch with the same foot and then a hard shot on the ground with the top of the other foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 11

The player dribbles forward with the outside of the foot and does a scissor move, starting with the lead dribbling leg. This is followed by a touch with the exterior of the foot and a hard shot on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 12

The player dribbles forward with the outside of the foot and does a scissor move, starting with the lead dribbling leg. This is followed by a touch with the interior of the foot. He then shoots the ball hard on the ground with the top of the other foot. He accelerates with quick small steps, and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 13

The player dribbles forward with the outside of the foot and does an outside to inside step-over using the lead dribbling leg. In the same stride, he takes a touch using the interior of the dribbling foot. He then shoots the ball hard on the ground with the top of the other foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 14

The player dribbles forward with the outside of the foot and does an outside to inside step-over using the lead dribbling leg. In the same stride, he takes a touch using the exterior of the dribbling foot. He then shoots the ball hard on the ground with the top of the same foot. He accelerates with quick, small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Exercise 15

The player dribbles forward with the outside of the foot and does a double spin-turn, starting with the lead foot. This is followed by a touch with the interior of the same foot and a shot with the top of the same foot. He accelerates with quick small steps and controls the rebound with a clean turn. He does 5 repetitions alternating right and left foot.

Session 4

Wall Training with Skills After the Pass

Session Intro

In session 4 the player uses the wall to create a game-like situation allowing him to practice turning with the ball followed by a technical skill. The player positions himself 20 yards from the wall and dribbles the ball with the outside of one foot over 4 to 5 small strides. He performs the exercises after passing or shooting off the wall. These exercises should be done with precision, keeping the ball as close to the feet as possible when dribbling and receiving.

Exercise 1

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a touch with the inside and then the outside of the foot behind the ball while dribbling. He does 3 passes with each foot, alternating right and left.

Exercise 2

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by an immediate drag-back over the ball with the interior then exterior of the shooting foot. He does 3 passes with each foot, alternating right and left.

Exercise 3

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a quick double contact behind the ball using the interior then exterior of the shooting foot. He does 3 passes with each foot, alternating right and left.

Exercise 4

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a touch with the interior of the shooting foot, followed by the exterior of the other. He does 3 passes with each foot, alternating right and left.

Exercise 5

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by an immediate drag-back over the ball with the exterior then interior of the shooting foot, followed by a touch with the outside of other. He does 3 passes with each foot, alternating right and left.

Exercise 6

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a quick double contact behind the ball using the exterior then interior of the shooting foot, followed by a touch with the outside of the other. He does 3 passes with each foot, alternating right and left.

Exercise 7

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a dummy shot with the non-passing foot, followed by a diagonal forward touch with the top or the inside of the same foot and then the exterior of the other. He does 3 passes with each foot, alternating right and left.

Exercise 8

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a dummy shot with the passing foot, followed by a diagonal forward touch with the top or the inside of the same foot and then the exterior of the other. He does 3 passes with each foot, alternating right and left.

Exercise 9

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a simple step over and then by a touch with the outside of the other foot. He does 3 passes with each foot, alternating right and left.

Exercise 10

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a simple step over and then by a touch with the inside of the same foot. He does 3 passes with each foot, alternating right and left.

Exercise 11

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by a scissor move then by a touch using the interior of the lead scissor foot. He does 3 passes with each foot, alternating right and left.

Exercise 12

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by an outside to inside step over and then in the same stride, a touch with the inside of the other foot. He does 3 passes with each foot, alternating right and left.

Exercise 13

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and turns with the ball. This is followed by an outside to inside step over and then in the same stride, a touch with the outside of the same foot. He does 3 passes with each foot, alternating right and left.

Exercise 14

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and then does an outside to inside step over. Using the inside of the other foot, he turns with the ball. He does 3 passes with each foot, alternating right and left.

Exercise 15

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and then does an outside to inside step over. Using the outside of the same foot, he turns with the ball. He does 3 passes with each foot, alternating right and left.

Exercise 16

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the outside of the foot and turns. The ball should appear glued to the foot. He does 3 passes with each foot, alternating right and left.

Exercise 17

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the passing foot and guides the ball behind the planted leg. This is followed immediately by a touch with the exterior of the other foot. He does 3 passes with each foot, alternating right and left.

Exercise 18

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the passing foot and then collects the ball with the inside of the other foot and turns. The player's arm should be raised between himself and a defender. He does 3 passes with each foot, alternating right and left.

Exercise 19

The player dribbles forward with the outside of the foot and passes off the wall. When receiving the rebound, the player controls it with the inside of the foot and does a 180° turn with the ball glued to his feet. This is followed by any skill the player chooses to beat an opponent. He does 3 passes with each foot, alternating right and left.

Session 5

Skills Training Using A Bounce Board

Session Intro

The bounce board is an ideal training tool to practice ball control, foot placement, and the precision and power of passing. Its mobility and design allows practice with balls on the ground and in the air. It should be fixed to the ground so that it does not move when the ball hits it. When the board is positioned perpendicular to the ground, the rebound will be on the ground. When positioned on an angle to the ground, the rebound will be in the air. This allows for very versatile training. Using the bounce board requires much care to limit the number of shots or passes out of the frame of the board.

Exercise 1

Passing off the board, the player does quick, small one-touch shots on the ground with the top of the foot. He alternates right and left foot and jogs in between shots. He works for 15 to 20 seconds and repeats 3 to 4 times.

Exercise 2

With the rebound along the ground, the player controls it with the inside of the shooting foot making a touch diagonally forwards. He then shoots hard and low with the top of the other foot. Repeat for 1 minute, alternating right and left foot.

Exercise 3

With the rebound along the ground, the player controls it with the inside then the outside of the foot. He then shoots hard and low with the top of the same foot. Repeat for 1 minute, alternating right and left foot.

Exercise 4

With the rebound along the ground, the player controls it with the sole or the inside of the foot. He then dummies and takes a touch sideways using the inside of the same or opposite foot. Repeat, alternating right and left foot.

Exercise 5

With the rebound along the ground, the player controls it with the inside of the shooting foot and passes it behind the planted leg. This is followed by an exterior touch with the other foot. Repeat, alternating right and left foot.

Exercise 6

When the ball comes back off the board along the ground, the player controls it with the inside of the shooting foot and does a turn. The ball appears “glued” to the inside of his foot. He follows up by dribbling an opponent.

Exercise 7

Dribbling toward a diagonally placed bounce board, the player does a hard, low pass against the board with the inside of the foot. When the ball comes back in the air, the player controls it to the ground while running, using the inside of the non-passing foot. As he dribbles, he accelerates in the direction of the ball's path. He does 5 repetitions, approaching the board from both left and right.

Exercise 8

Dribbling toward a diagonally placed bounce board, the player does a hard, low pass against the board with the inside of the foot. When the ball comes back in the air, the player dummies and then controls the ball on the ground sweeping it sideways on a half-volley using the inside of the passing foot. He does 10 repetitions, alternating right and left foot.

Exercise 9

When the ball comes back through the air off the board, the player dummies and then controls the ball using the inside and then the outside of the foot. Keep the ball close and under control. He does 10 repetitions, alternating right and left foot.

Exercise 10

When the ball comes back through the air off the board, the player does a dummy movement then controls the ball with a gentle sweep sideways using the inside of the passing foot and then the outside of the other. Do 10 repetitions, alternating right and left foot.

Exercise 11

Running sideways onto the bounce board, the player passes on the ground and controls the rebound with the outside of the non-passing foot while changing direction. Immediately following the control, he does a quick dribble and acceleration. Do 10 repetitions, alternating both the direction and right and left foot.

Exercise 12

Dribbling toward a diagonally placed bounce board, the player does a hard, low pass against the board with the inside of the foot. When the ball comes back in the air, the player controls it on the ground with the inside of the passing foot and pulls it behind the planted leg. Do 10 repetitions, alternating right and left foot.

Exercise 13

When the ball comes back through the air off the board, the player chests it down towards the ground. Pay close attention to have one foot placed in front of the other to take the weight and for maximum balance. He controls it on the ground using the inside of the foot, turns and does a small acceleration back to the starting point. Do 10 repetitions, alternating right and left foot.

Exercise 14

When the ball comes back through the air off the board, the player chests it down towards the ground. Pay close attention to have one foot placed in front of the other to take the weight and for maximum balance. He controls it on the ground by pulling it behind the planted leg, then turns and dribbles. Do 10 repetitions, alternating right and left foot.

Exercise 15

The player passes the ball against the board hard enough for the ball to come back over his head. After a half-turn he controls it with the inside of one foot, by either sweeping sideways on a half-volley or diagonally forwards. Do 10 repetitions, alternating right and left foot.

Session 6

Long Passing Using A Bounce Board

Session Intro

In session 6 the player uses both a perpendicular and diagonally placed bounce board. Each pass and control is followed by an accurate long pass or cross, which simulates common game situations. The objective for these exercises is to incorporate realistic field space and game movement.

Exercise 1

A perpendicular to the ground bounce board is placed just inside the 18-yard box and facing away from goal. When the ball comes back off the board along the ground, the player controls it while turning and then does a wide, high, looping pass of 30 to 40 yards. He does 10 passes, alternating right and left foot.

Exercise 2

A perpendicular to the ground bounce board is placed just inside the 18-yard box and facing away from goal. When the ball comes back off the board along the ground, the player controls it while turning and then does a wide, low, straight pass of 20 to 30 yards. He does 10 passes, alternating right and left foot.

Exercise 3

With the bounce board placed near the touchline and 30 yards from the end line, the player controls the rebound with the inside of the non-passing foot. He then dribbles down the sideline and delivers a deep, high cross in front of goal to a teammate or near the penalty spot. Do 5 crosses on either side of the goal.

Exercise 4

With the bounce board placed near the corner of the 18-yard box, the player controls the rebound with the inside of the non-passing foot and steers it toward the end line. This is followed by a curled cross in front of goal. Do 5 crosses on either side of the goal.

Exercise 5

With the bounce board placed near the corner of the 18-yard box, the player controls the rebound with the inside of the non-passing foot and steers it toward the end line. This is followed by a straight, mid-height cross in front of goal. Do 5 crosses on either side of the goal.

Exercise 6

With the bounce board placed near the corner of the 18-yard box, the player controls the rebound with the inside of the non-passing foot and steers it toward the end line. This is followed by a low cross to a teammate or near the penalty spot. Do 5 crosses on either side of the goal.

Exercise 7

With the bounce board placed near the corner of the 18-yard box and parallel to the end line, the player controls the rebound by turning quickly with the ball. He then takes a touch and delivers a cross in front of goal. Do 5 crosses on either side of the goal.

Exercise 8

A diagonal to the ground bounce board is placed just inside the 18-yard box and facing away from goal. When the ball comes back off the board in the air, the player controls it either directly to the ground or chests it down. He then makes a turn and does a wide high looping pass of 30 to 40 yards. He does 10 passes, alternating right and left foot.

Exercise 9

When the ball comes back through the air off the board, the player controls it with the chest and turns, followed by a low driving pass to a teammate. He does 10 passes, alternating right and left foot.

Exercise 10

With a diagonal to the ground bounce board placed near the touchline and 30 yards from the end line, the player controls the rebound with the inside or outside of the foot. He dribbles toward the end line and delivers a straight, high cross in front of the goal. Do 5 crosses on either side of the goal.

Exercise 11

With the diagonal to the ground bounce board placed near the corner of the 18-yard box, the player controls the rebound while turning and steers it straight towards the goal line. This is followed by a high, curling cross to the back post. Do 5 crosses on either side of the goal.

Exercise 12

With the diagonal to the ground bounce board placed near the corner of the 18-yard box, the player controls the rebound while turning and steers it straight toward the end line. This is followed by a straight, mid-height cross in front of goal. Do 5 crosses on either side of the goal.

Exercise 13

With the diagonal to the ground bounce board placed near the corner of the 18-yard box, the player controls the rebound while turning and steers it straight toward the end line. This is followed by a low, close-to-the-ground cross toward the penalty spot. Do 5 crosses on either side of the goal.

Exercise 14

With the diagonal to the ground bounce board placed near the corner of the 18-yard box, the player controls the rebound by chesting it down and dribbles toward the end line. He then delivers a looping cross to the far post. Do 5 crosses on either side of the goal.

Session 7

Shooting Exercises Using A Bounce Board

Session Intro

The bounce board is an excellent tool to practice receiving a pass followed by the finishing shot on goal. The board can be slightly unpredictable, forcing the player to adjust quickly and respond in a game like situation with precision and urgency. The pass off the board needs to be precise in its direction and pace, as does the finish. Many elements are combined during these exercises; so if needed, break them down into steps to maximize training benefit.

Exercise 1

A perpendicular to the ground bounce board is placed 30 yards from the goal line in the middle of the pitch. With his back to goal, the player controls the rebound and turns sharply to face goal. He dribbles at an opponent or obstacle and makes a move. This is followed by a quick hard shot at goal using the top of the foot or a well placed shot with the inside of the foot. Alternate the shooting foot and change the control and move after 2 repetitions.

Exercise 2

A perpendicular to the ground bounce board is placed just outside the corner of the 18-yard box and is facing towards the interior of the pitch. After passing off the board, the player receives the ball on a run and shoots either first time or after a control touch. Repeat 5 times from both sides of goal using both right and left foot.

Exercise 3

A perpendicular to the ground bounce board is placed level with the top of the penalty area. The player receives the rebound on the ground, takes a touch towards goal, makes a dummy movement that is goal-side, and then a quick cut with the exterior of the other foot. He finishes by bending in a shot to the far corner with the top of the same foot. Repeat 5 times from both sides of goal using both right and left foot.

Exercise 4

A diagonal to the ground bounce board is placed 30 yards from the goal line in the middle of the pitch. When the ball comes back in the air, the player turns and controls the ball on the ground using a technique of his choice. He follows with a hard shot on goal with the top of the foot or a well-placed shot with the inside of a foot. Alternate the shooting foot and change the control after every 2 repetitions.

Exercise 5

The player is facing the goal and a diagonal to the ground bounce board is placed 25 yards from the goal line and slightly off center of the pitch. When the ball comes back in the air, the player controls the ball on the ground, dribbles towards goal, and finishes with a hard shot with the top of the foot. He alternates right and left foot, changing the control every 2 repetitions.

Exercise 6

The player is facing the goal and a diagonal to the ground bounce board is placed near the touchline and 25 yards from the goal line. When the ball comes back in the air, the player turns and controls the ball on the ground with a half-volley sweeping movement as he turns toward goal. This is immediately followed by a hard shot to the near post with the top of the foot. Repeat 5 times from both sides of goal using both right and left foot.

Exercise 7

The player is facing the goal and a diagonal to the ground bounce board is placed 25 yards from the goal line and to one side of the center of the pitch. When the ball comes back in the air, the player turns and controls the ball on the ground. He dribbles and does a dummy shot with the same foot, pulling the ball behind the planted leg. This is followed by an exterior touch with the outside of the other foot. He then sends a curling shot to the far corner with the top of the same foot. Repeat 5 times from both sides of goal using both right and left foot.

Exercise 8

A diagonal to the ground bounce board is placed 18 yards from the goal line in the middle of the pitch. When the ball comes back in the air, the player controls it with the top of one foot, pivot turns around to face goal, and volleys a shot. He alternates right and left foot for controlling and shooting.

Exercise 9

The player is positioned sideways to goal and a diagonal to the ground bounce board is placed level to the penalty spot and perpendicular to the goal line. When the ball comes back in the air, the player controls the ball with the top of the foot, the goal-side thigh, or the chest, directing the ball slightly forward towards goal. He then volleys or half volleys a shot with the top of the other foot. The player can also shoot first time on goal with a volley or half volley.

Session 8

Ball Pendulum Exercises for Feet, Chest and Head

Session Intro

The ball pendulum is a very precise method of ball control training. The player is solely responsible for the ball's movement and control, eliminating the inaccuracies of the serving partner and the bounce board. When using the feet, kicks must be crisp, with the top or the inside of the foot, and on the back middle part of the ball. For the chest, the ball must come to a complete stop without bouncing. And with the head, contact must be sharp and with little spin on the ball. A good quality of touch is indicated by the fact that the ball does not spin after contact, and that the rope remains taut as it swings. After each action, the player jogs on tiptoe, with the upper-body relaxed.

Exercise 1

The ball pendulum is positioned 8 inches from the ground. The player kicks the ball crisply with the top of the foot, toe pointed down and ankle locked. Keep the string taut and the ball under control. Alternate right and left foot and jog lightly in place.

Exercise 2

The ball pendulum is positioned 8 inches from the ground. The player kicks the ball crisply with the inside of the foot, with ankle locked. Keep the string taut and strike through the ball keeping the ball under control. Alternate right and left foot and jog lightly in place.

Exercise 3

The ball pendulum is positioned 8 inches from the ground. The player kicks the ball crisply, alternating right and left foot, using the inside and then the outside of the foot. Jog lightly in place in between touches.

Exercise 4

The player kicks the ball crisply with the top or the inside of the foot to make it swing high, and then controls it with a cradling movement using the inside of the same foot. He brings it back to its starting position with the ball glued to the inside of the foot. He alternates using right and left foot.

Exercise 5

The ball is fixed to the same height as the player's chest. After swinging the ball forwards, the player chest traps with a backward movement. The ball stops and stays glued to his chest. Do 10 repetitions alternating the forward placed foot.

Exercise 6

With the ball fixed to the same height as the chest, the player does a chest trap movement backwards and directs the ball toward one side, using rotational motion of the upper-body as the ball is touched. Do 10 repetitions, alternating the forward placed foot.

Exercise 7

The height of the ball is raised to match the player's forehead. The player heads the ball crisply and without jumping, making contact with the back middle part of the ball, so as to make it swing forward. He continues heading for 30 seconds, making sure the ball does not spin after contact.

Exercise 8

The height of the ball is raised to match the player's forehead. While heading, the player directs the ball from side to side. Make contact directly behind the ball and be sure the ball does not spin. Before each contact, the player changes his body and foot position to be angled forward with the lead foot pointed in the direction of the header. Continue heading for 30 seconds.

Exercise 9

The ball is raised to match the height of the player's jumping header. A quality header depends on the chin tucked in, the neck muscles taut, and the shoulders turned to correspond with the planted foot. The player does running steps before each push off and times his jump to get as close to the maximum height attainable. Be sure that the ball does not spin after contact and that the rope remains taut as it swings. Continue heading for 30 seconds and do 5 repetitions.

Exercise 10

The ball is raised to match the height of the player's jumping header. The player times his jump to get as close to the maximum height attainable. While heading, the player directs the ball from side to side. Before each contact, the player changes his body and foot position to be angled forward with the lead foot pointed in the direction of the header. Be sure that the ball does not spin after contact and that the rope remains taut as it swings. Continue heading for 30 seconds and do 5 repetitions.

Exercise 11

The ball is raised to match the maximum jump height of the heading player. He jumps up, behind his partner, in order to meet the swinging ball and heads it forward. He moves back 2 or 3 small steps, before pushing himself off and alternates right and left foot. A quality header depends on the chin tucked in, the neck muscles taut, and the shoulders turned to correspond with the planted foot. This technique will keep him from leaning on his teammate while jumping behind him. Continue heading for 30 seconds and do 5 repetitions.

Exercise 12

The ball is raised to match the maximum jump height of the heading player. He jumps up, behind his partner, in order to meet the swinging ball. He then heads it forward, then to one side, and then to the other. He moves back 2 or 3 small steps, before pushing himself off and alternates right and left foot. A quality header depends on the chin tucked in, the neck muscles taut, and the shoulders turned to correspond with the planted foot. This technique will keep him from leaning on his teammate while jumping behind him. Continue heading for 30 seconds and do 5 repetitions.

Exercise 13

This exercise can be done as a competition between teammates. The height of the ball is raised in 5-inch increments; after each player tries to jump and head the ball, the last player to reach the highest header is the winner. The objective is to improve a player's jumping ability and at the same time, always using the correct heading technique; Chin tucked in, the neck muscles taut, and the shoulders turned to correspond with the planted push off foot.