

# BALL CONTROL

<b>Objective:</b>	Children will learn the skill of ball control in challenging situations.
<b>Equipment:</b>	Footballs, marking cones and saucer cones.

Coaching Points	
Keep a light and bouncy approach to improve the ball control ability. Stay on your toes to make the ball control easier.	<b>Level 1</b>
Always stay centered on the ball so you can go anyway with it. Pay attention to non-touching foot/ leg.	<b>Level 2</b>
Train with both feet to move faster. Use all the touches – instep, inside, outside, toe, sole, lace.	<b>Level 3</b>

## FB 1.1

## Ball Control

## Level 1

EduQuette	Warm-Up	Team Activity	Game Play	Cool-Down
2 min	5 min	10 min	15 min	3 min

### EduQuette 2 mins

Discuss with children the importance of ball control and how 'Touch' is the most important factor of ball control.

All the great personalities and talented people in the world had one thing in common- 'Touch.' Their touch separated them from the rest of the world. No one touched the ball the way Diego Maradona touched with his feet. No one touched the hearts of people the way Mother Teresa touched. It is the way you 'touch' that makes all the difference. Similarly in football if you can master your touch; your ability of ball control will be easier and superior.

### Warm-Up 5 mins

- 🕒 Divide the children in groups of ten. Each group should have one ball.
- 🕒 In each group, one child should perform the below activity and the others should do on the spot jogging and Jumping Jacks.
- 🕒 With your sole pull the ball with one foot and the next moment pull the ball back with other foot.
- 🕒 Keep trapping and pulling the ball with alternate foot for some time (30 sec to 1 min) on every step in standing position.
- 🕒 Start slowly and try to do as fast as possible without losing the control over the ball.
- 🕒 Dribble the ball around the field for 30 seconds and pass it to the next member of your group.
- 🕒 The next member should follow the same.
- 🕒 Do stretching exercises - refer to Appendix A.

### Team Activity 10 mins

- ⚽ Divide the group into 6 – 8 teams and give one ball to each team.
- ⚽ Teams should compete in relay against other teams. Please refer to the below diagram for the set up.



- ⚽ Dribbling relay – dribbler should join at the back after passing.
- ⚽ Touch the ball in every step – do not kick the ball; keep it within the reach on every step.

### Game Play 15 mins

- ⚽ Divide the children in teams to play 5-a-side or 3-a-side game of football depending on the class strength and ground size.
- ⚽ Make multiple small sided grounds using cones.



#### Focus Area

*Children should play short passes as it develops better ball control individually and develops a sense of ball possession as a team.*

### Cool-Down 3 mins

- ⚽ Do some stretching exercises in close formation of circle, semi-circle or loose formation.
- ⚽ Discuss the following with the children during cool down session.

There are **17 laws** that govern the game of football.

**Law 1: The Field of Play** - football field must be rectangular and marked with lines. It must be between 90 and 120 meters long and 45 to 90 meters wide.

**Law 2: The Ball** - The ball shall be spherical and made of leather or other suitable material. The ball weighs between 14-16 ounces with a circumference of 27-28 inches (international matches).