

# 1 SETUP | 8 BALL MASTERY EXERCISES

BY KEVIN MIDDLETON  360TFT

Develop close ball control, improve technical proficiency with a variety of ball manipulation skills, and enhance spatial awareness and agility through this unopposed practice.

The "V" cone setup allows for a change of direction at the bottom!

## GENERAL TIPS

Players should remain patient, some of the exercises are difficult

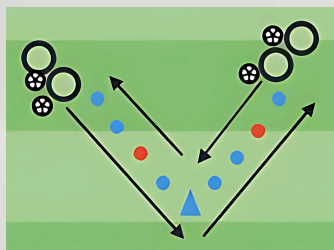
Allow for a degree of freedom when players are dribbling around the "V"

The cones are defenders, when turning, keep the ball away from the "defenders", don't turn into them

I have left out sizes of the area and between cones, as these can vary depending on the level of player you are working with and variables like this are best judge by you, their coach.

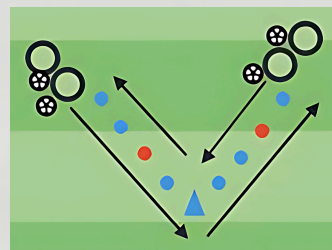
Use your imagination and enjoy!

## INSIDE TAPS RHYTHM AND BALANCE



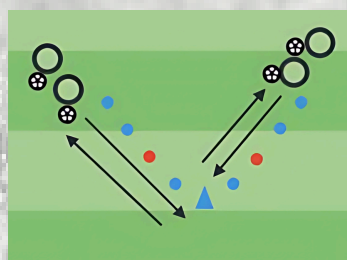
Perform quick, continuous touches using the inside of both feet while moving towards the big cone at the bottom of the V. Once there, head to the other side of the V.

## INSIDE/OUTSIDE MANIPULATING THE BALL



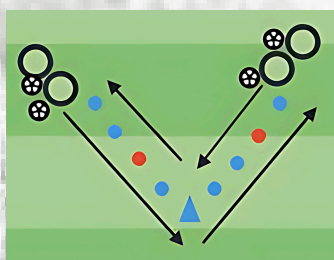
Dribble forward using alternating inside and outside touches to move smoothly from the top of the V to the bottom, and back again.

## CRUYFF TURNS TURNING OUT OF PRESSURE



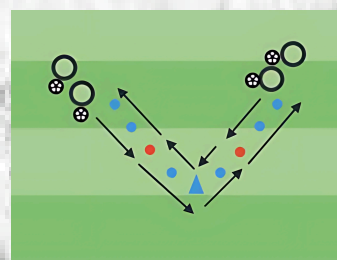
Approach the bottom bit cone at pace and, just before reaching it, plant your standing foot next to the ball. Use the inside of your other foot to drag the ball behind your standing leg and turn back toward the previous direction.

## RONALDO CHOPS CHANGING DIRECTION



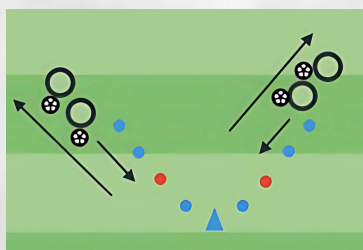
Dribble towards the bottom big cone at speed. Use the inside of your foot to chop the ball diagonally behind your standing leg while slightly jumping to change direction towards to the top of the other side of the V.

## DAVID SILVA OUTSIDE TURN AND PROTECT



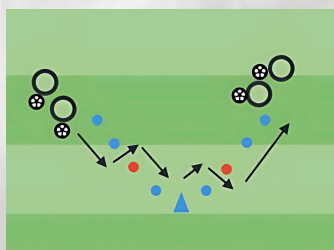
Approach the red cone and use the outside of your foot to do a complete 360 degree turn and then continue to dribble down and then back up the V.

## INSIDE TO GO OUTSIDE INSIDE+OUTSIDE TURN & PROTECT



Dribble towards the red cone, use an inside cut to turn 180 degrees, then immediately use an outside cut to turn another 180 degrees so you are facing your original direction.

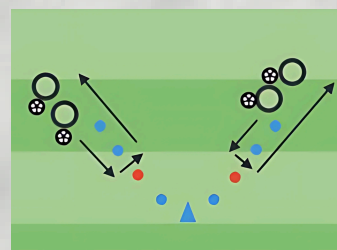
## CHANGE LANE ROLL AWAY FROM PRESSURE



Dribble toward the red cone, just before it, stop the ball with the sole of your foot, then roll it sideways across your body. Continue dribbling on the other side of the V and then repeat at the other red cone to re-join your original lane.

Both lanes start at the same time - no crashing!

## CHANGE LANE & BACK ROLL & TURN AWAY FROM PRESSURE



Dribble toward the red cone, just before it, stop the ball with the sole of your foot, then roll it sideways across your body. Once across, use the inside of your foot to cut, shield and dribble back to your original lane.

Ball mastery is the foundation of technical football skills and is crucial during the early developmental years. At this stage, players are like sponges, absorbing new information and building the physical and cognitive pathways needed for long-term success.

If you need further assistance with Ball Mastery then I have a [course](#) and separately, [sessions plans](#) to help out.