

# Control Drills



## Drill 1 – Control



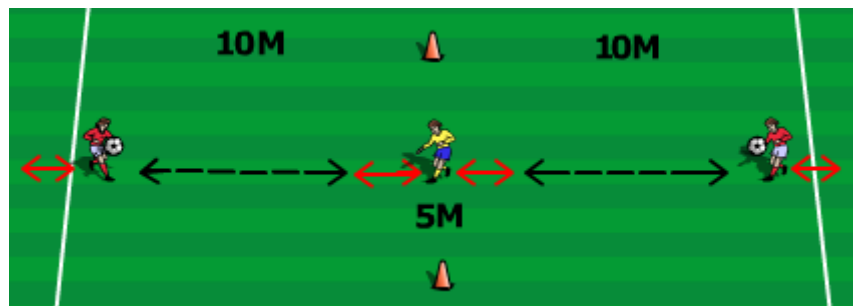
**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 2 cones, , 2 ball for 3 players

**Min players:** No limit

**Organisation:** Red players pass ball to Yellow player who always comes to meet the ball. Red players to make a movement away from ball and then comes in to meet it. Yellow player must take 2 or more touches.



### Progressions:

- Increase tempo
- Limit touches to 2
- Red player can serve the ball in the air for the Yellow player to control with knee, head or chest.

### Coaching Points

- Quality of 1<sup>st</sup> touch
- Body shape
- First touch out of feet ready to return pass

## Drill 2 – Control & Pass

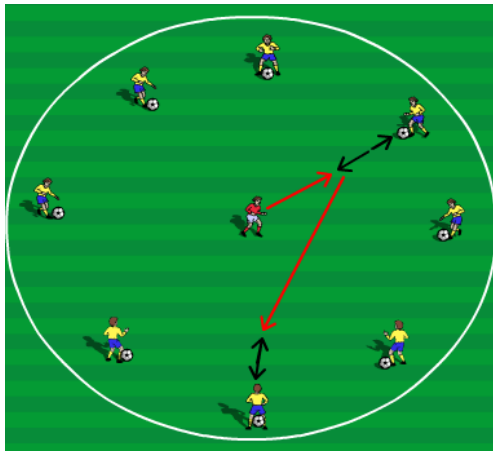


**Aim:** To improve 1<sup>st</sup> touch / control & passing technique

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball for each player

**Organisation:** Players make a circle, one player stands in the middle and calls for the ball from any player, controls and passes back to the same player then calls for the ball from another player in the circle. Middle player repeats play for 1 minute. Then swap middle player.



### Progressions:

- Serving player to throw ball to head, knee or chest
- 2 touch (control & pass)
- Encourage players to increase tempo

### Coaching Points

- 1<sup>st</sup> touch should keep ball out of feet
- Communication to command the ball
- Passing with inside of boot or laces

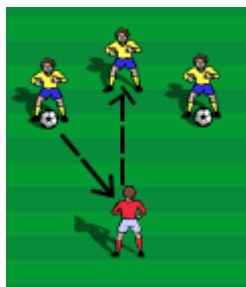
## Drill 3 – Control

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U8's and upwards

**Equipment:** Marked area, 2 balls for 4 players

**Organisation:** 3 players with 2 balls serve one working player. One server starts by passing the ball to working player who must control and pass to the server without a ball. Working player then commands ball from the other server with a ball. Continuous practice for 1 minute.



### Progressions:

- Increase tempo
- Limit touches to 1 or 2, more emphasis on the quality on the 1<sup>st</sup> touch to get ball under control
- Serving players can serve the ball in the air for control with knee, head or chest.
- Vary distance between players

### Coaching Points

- Quality of 1<sup>st</sup> touch
- Body shape / movement
- Player alert and on their toes
- Player to react to the flight of the ball



## Drill 4 – Control / 1<sup>st</sup> Touch

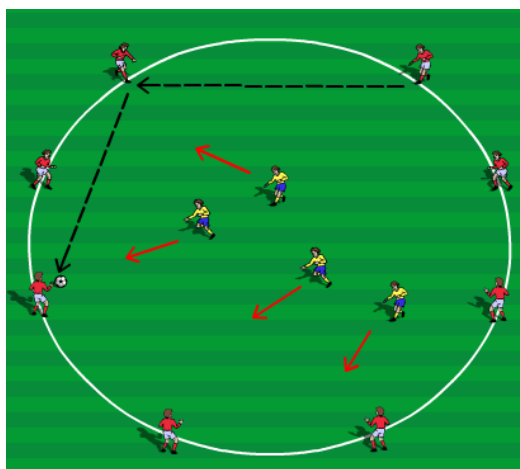


**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball

**Organisation:** Players set up as shown in diagram, 8 v 4. The 8 players must keep possession away from the team of 4. The players on the outside of the circle must take a minimum of 2 touches. The team of 4 must win possession.



### Progressions:

- Players on the outside can't pass to the player next to them
- Encourage players to increase tempo
- Change team ratio's (9 v 3 or 7 v 5)

### Coaching Points

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of the following pass
- Communication to command the ball
- 1<sup>st</sup> touch with inside or outside of foot

## Drill 5 – Control / 1<sup>st</sup> Touch

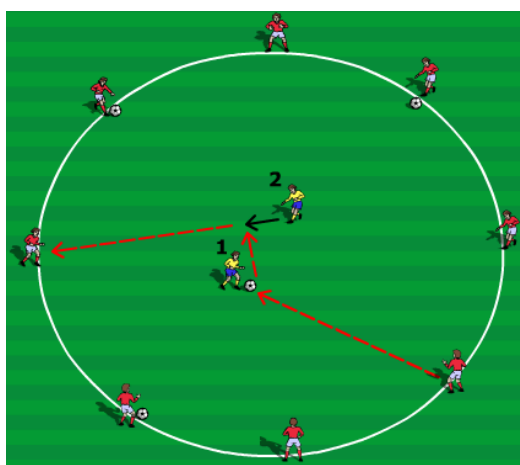


**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 1 ball

**Organisation:** Players set up as shown in diagram. Player 1 commands ball from outside and takes a quick look to see where his partner is, player 1 controls the ball and lays the ball off. Player 2 passes the ball out to a player on the edge of circle without a ball. Player 1 then commands ball from another player. Player 2 passes the ball to outside then adjusts his position to support Player 1. Repetitive practice of 1 minute, second time round Players 1 & 2 change positions.



**Progressions:**

- Encourage players to increase tempo

**Coaching Points**

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of supporting player
- Communication is essential
- 1<sup>st</sup> touch with inside or outside of foot

## Drill 6 – Control / 1<sup>st</sup> Touch

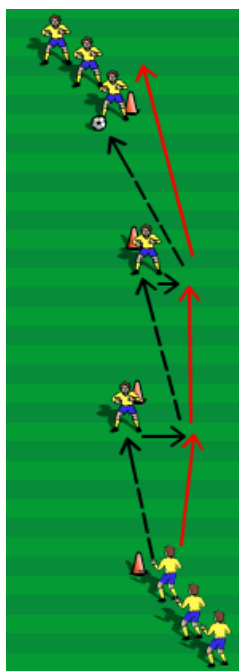


**Aim:** To improve 1<sup>st</sup> touch / control

**Suitable for:** U9's and upwards

**Equipment:** 4 cones, balls

**Organisation:** Players set up as shown in diagram. 10m between cones, all players must take 2 touches. Alternate the 2 middle players every 2 minutes.



### Progressions:

- Encourage players to increase tempo
- Players to use weaker foot
- Middle players can lay the ball off to the left or right

### Coaching Points

- Emphasis is on 1<sup>st</sup> touch, keep ball out of feet and in the direction of next player
- Communication
- 1<sup>st</sup> touch with inside or outside of foot
- Vision, awareness,
- Anticipation of direction of pass

## Drill 7 – Control

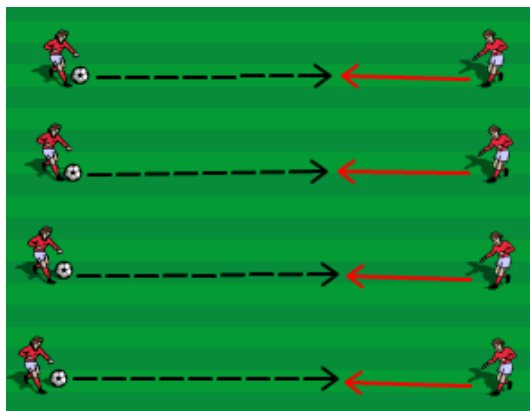


**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 ball between 2 players

**Organisation:** Players set up as shown in diagram. Emphasis on controlling the ball, players on their toes calling for the ball. The midfielder on the left is on 2 touch and can deliver the ball at any speed and any height. The forward on the right backs off and comes to meet the ball returning it to midfielder.



### Progressions:

- Increase tempo
- Limit touches to 2
- Increase distance between players

### Coaching Points

- Quality of 1<sup>st</sup> touch
- Body shape
- First touch out of feet ready to return pass
- Decision making regarding how to control, inside / outside of foot, knee, chest, thigh.



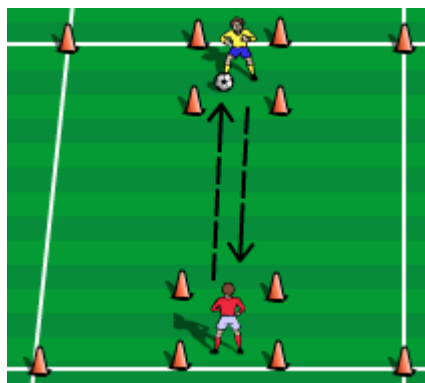
## Drill 8 – Control

**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 10 cones, 1 balls for 2 players

**Organisation:** Players set up as in diagram. The distance between the boxes and the size of the box should be adjusted depending on the age and the ability of the players. U9's, 5m apart in a 2m square box, U11's, 10m apart in a 1m square box. Players pass back and to, trying to keep the ball in the box with 1<sup>st</sup> touch, to start players are allowed 3 touches before passing to other box. Continuous practice for 5 minute.



### Progressions:

- Increase tempo
- Limit touches to 2, more emphasis on the quality on the 1<sup>st</sup> touch to get ball under control and out of feet
- Players can pass the ball in the air for control with knee, head or chest.
- Vary distance between players and size of box

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to react to the flight of the ball

## Drill 9 – Control / 1<sup>st</sup> touch

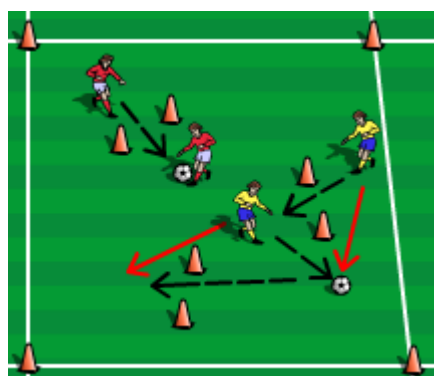


**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 10 cones, 2 balls for 4 players

**Organisation:** Players set up as in diagram. In a 10m square box (size can be adjusted depending on the age and the ability of the players) players work in pairs, 2 pairs to a box. 3 cone gates are placed in the area. To score a point a player must pass through a gate to partner, the players then pass the ball towards and through another gate. Continuous practice for 5 minute.



### Progressions:

- Increase tempo
- Limit touches with the emphasis on the quality on the 1<sup>st</sup> touch towards the next gate
- Vary distance between players and size of gates

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to communicate at all times

## Drill 10 – Control / 1<sup>st</sup> touch

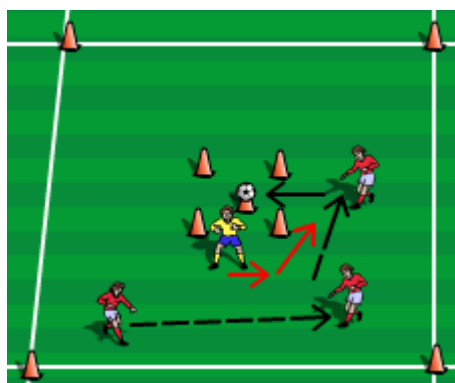


**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 8 cones, 1 balls for 4 players

**Organisation:** Players set up as in diagram. In a 10m square box, (size can be adjusted depending on the age and the ability of the players) 4 players work 3 v 1. A 1m square box with a ball on a cone is placed in the middle of the area. To score a point the team of 3 must pass the ball around until an opportunity to knock the ball off the cone arises. The single defender can not go in the centre box. Continuous practice for 1 minute then swap defender.



### Progressions:

- Limit touches to 2, but encourage 1, with the emphasis on the quality on the 1<sup>st</sup> touch or pass to create a scoring opportunity
- Make centre square bigger to allow team of 3 less room to manoeuvre

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement
- Player alert and on their toes
- Player to communicate at all times
- Speed of play
- Lofted passes / header finish

## Drill 11 – Control / 1<sup>st</sup> touch

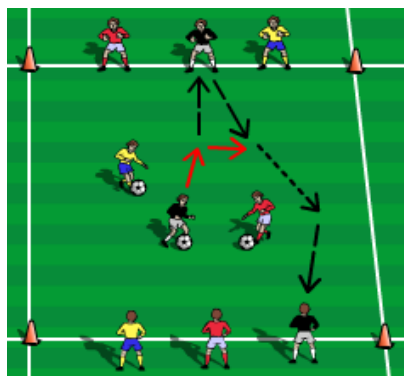


**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U10's and upwards

**Equipment:** Marked area, 4 cones, 3 balls for 9 players

**Organisation:** Players set up as in diagram. In a 15m square box, (size can be adjusted depending on the age and the ability of the players) 3 teams of 3 work, 2 end players and 1 working player. The aim of the drill is for the working player to exchange passes with his end players, dribble across the area avoiding other players and balls to pass to opposite end player. Continuous practice. Centre player works for 2 minutes then swaps with an end player.



### Progressions:

- End players must take 2 touches, one to control and one to pass
- Working players to concentrate on the quality of 1<sup>st</sup> touch in the direction they want to go (in to space towards opposite end)
- Increase / decrease the size of the area
- Have a competition between the working players to see how many passes they can make to end players

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement / Speed of play
- Player alert and on their toes
- Player to communicate at all times

## Drill 12 – Control / 1<sup>st</sup> touch

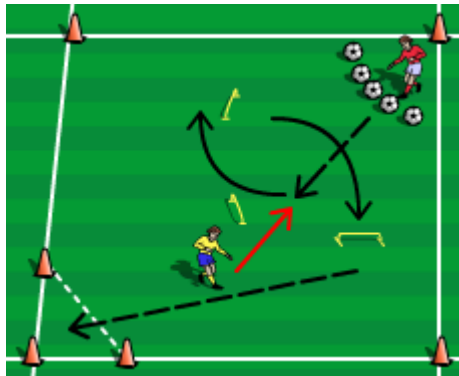


**Aim:** To improve control and 1<sup>st</sup> touch

**Suitable for:** U11's and upwards

**Equipment:** Marked area, 6 cones, 3 passing hurdles, 5 balls for 2 players

**Organisation:** Players set up as in diagram. In a 15m square box, (size can be adjusted depending on the age and the ability of the players) 1 working player and 1 player serving the balls. The aim of the drill is for the working player to come towards server and command a ball, the player must then dribble and pass the ball through 2 hurdles and then stop the ball in the opposite marked corner area. Continuous practice. Working player works with 5 balls then swaps with serving player.



### Progressions:

- Working players to concentrate on the quality of 1<sup>st</sup> touch in the direction of the first hurdle
- Increase / decrease the size of the area
- Have a competition between the 2 players to see how long it takes them to transfer the balls across the area to the other corner

### Coaching Points

- Quality of 1<sup>st</sup> touch / soft boot
- Body shape / movement / Speed of play
- Player alert and on their toes
- The ball must be under control at all times