

U8/U13 Intermediate: Ball Control, First Touch, and One-on-One Drills

Ball Control

- Figure 8 Dribbling: Dribble around two cones in a figure-eight pattern.
- Ball Mastery Moves: Toe taps, side rolls, and scissors.

First Touch

- Wall Passes: Kick against a wall, control the ball, and pass again.
- Controlled First Touch: Receive passes with different parts of the foot.

One-on-One

- Shielding the Ball: Practice shielding the ball from an opponent.
- Attacker vs Defender: Dribbling past a defender to score.