

FB 1.3

Ball Control

Level 3

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.

In a game situation individual engagement of all team members is very critical. 'Touch' being the key factor, it is equally important to understand and practice how one can help/ support other team member to improve the 'Touch.' E.g. a correct and comfortable pass helps the team mate to gain perfect touch and will result in perfect receiving.

Warm-Up 5 mins

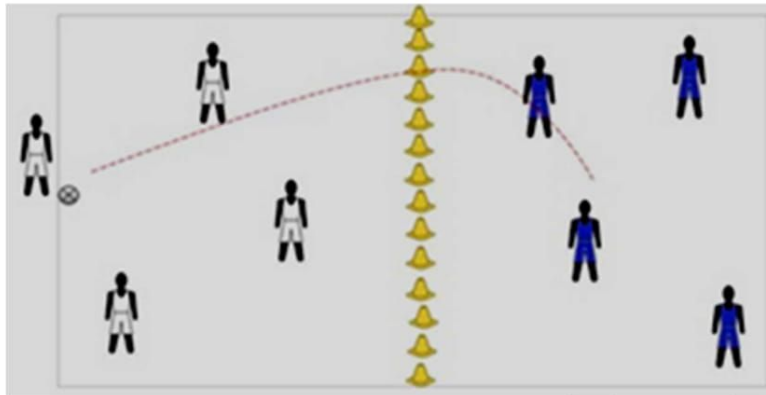
- 👤 Divide the children in two groups. One team should practise the below activity and the other to jog around the grid.
- 👤 Create a small grid. Place cones in each of the four sides outside the touch line. Refer the diagram below.
- 👤 Each child should have a ball inside the grid. Change the group after 1 minute.



- 👤 Instruct the children to dribble inside the grid using the entire grid. Upon coach's command (Front, Back, Right, Left, Juggle) all the children move/ dribble towards the particular corner.
- 👤 After every 1 minute stop and do stretching exercise- refer Appendix – A.
- 👤 Pay attention to ball control. Do not move fast but focus on good ball control.

Team Activity 10 mins

- It is a tennis game with cones placed as the "net."
- It is played with the football - controlled volleys and juggles.
- Make such multiple courts depending on the class strength and space availability.



- Allow 2 - 3 bounces (on the ground), between shots over the net. Only 3 touches within the team are allowed.

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.
- Make multiple small sided grounds using cones.



Focus Area

Children to play short passes as it develops better ball control individually and develops 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).