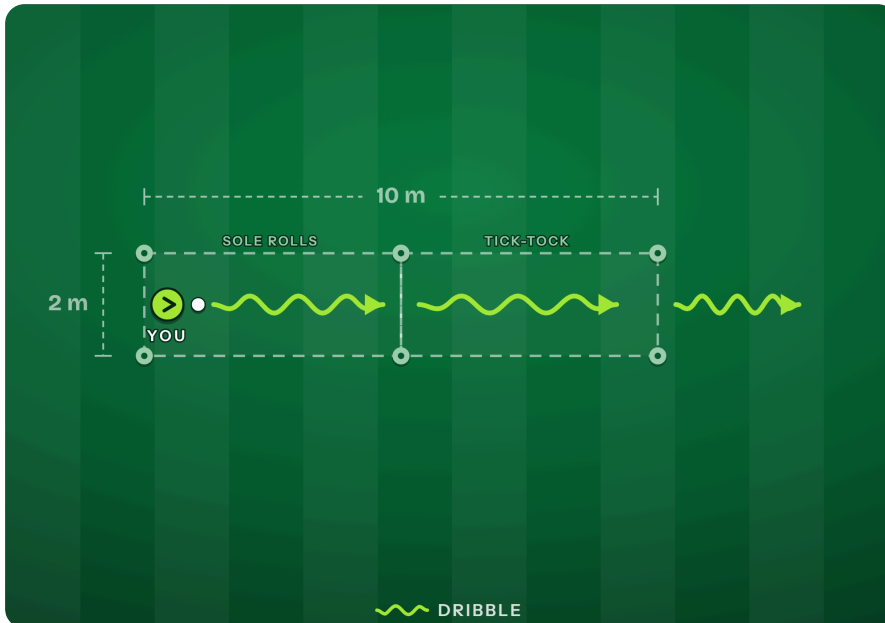




Moves on the move: link them at speed

TECHNICAL & TACTICAL · BALL MASTERY · 1 PLAYER · AGE 11+



Set up

- A ball
- 🚧 6 cones on flat grass
- 📏 A lane 10 m long
- ↔ 2 m wide

Dose

- 🔄 Our target: 6 runs
- 🏃 Walk back with a new move

6 runs in about 5 minutes, the 10 x 2 m lane and the halfway switch are our own choices, not FA or FIFA rules.

What it trains

Ball mastery on the move: link two moves as you travel down a lane at a good tempo, then push the ball out and sprint after it. FIFA's ball-mastery practice asks players to keep their heads up and eyes forward while they dribble.

How it works

- 1 Mark a lane 10 m long and 2 m wide with 4 cones on flat grass, and put 2 more cones at halfway. Leave at least 5 m clear past the end. Use a size 4 ball at U12-U13 and a size 5 from U14.
- 2 From the start, travel forward with sole rolls: roll the ball across in front of you with one sole, then the other, stepping forward each time.
- 3 At the halfway cones, switch to tick-tock without stopping: small touches between the insides of your feet as you keep travelling.
- 4 At the end cones, push the ball out ahead of you, sprint after it and stop it.
- 5 Walk back down the lane with a new move (pull-push, or inside-outside touches) to recover. That is one run. Do 6 runs (about 5 minutes) and change the moves and your leading foot each run.

Coaching points

- 1 **Switch without slowing**
Change from sole rolls to tick-tock as you pass the halfway cones, without stopping or slowing down. Lift your eyes between touches to find the next cones: FIFA asks for heads up and eyes forward while dribbling.
- 2 **Push it out and sprint**
After your last touch, push the ball a few metres past the end cones and sprint after it, then stop it. The FA's dribbling channels work on accelerating and decelerating with the ball.

✖ **Not this:** A touch that rolls out of the lane, usually a sole roll that goes too wide or a tick-tock that gets bigger as you speed up. Small touches keep the ball in the lane.

➡ HARDER

Race a timer while every touch stays in the lane: a ball out of the lane costs a second. Or ask a partner at the far end to hold up some fingers, and call the number before you reach the end cones.

➡ EASIER

Walk the lane with each move and stop the ball at halfway before you start the second move. Build up to a jog once every touch stays in the lane.

🛡️ Safety

- Warm up first: the sprint out at the end is a hard effort.
- Flat, dry grass with the lane clear at both ends and at least 5 m of space past the end cones, never a road or a driveway.
- The ball can roll under your foot during sole rolls, so build the speed up slowly. If anything hurts, stop.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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