

# Ball Mastery (Paired Passing Practice)

## Setup

- Players work in pairs
- 7 metres between each partner
- 4 metres between each pair (adjust based on space — more space is better to avoid congestion)
- One cone placed next to each player
- Players stand slightly behind and to the side of their cone
- 8 x 1-minute sets
- 2 minutes allocated for setup and transition from Rondo (Warm Up)
- Spare balls placed nearby to minimise time chasing stray passes (coach collects missed balls)

## Important

- Cones must be set up before the rondo begins to allow for a smooth and immediate transition.

## Structure (8 Sets of 1 Minute)

1. Right Foot → Right Foot (Two Touch – Diagonal Pass)
  - Players stand behind and slightly to the side of their cone
  - Right foot pass diagonally across body to partner's right foot
  - Control and pass back with right foot
2. Left Foot → Left Foot (Two Touch – Diagonal Pass)
  - Same positioning behind and to the side of cone
  - Left foot diagonal pass to partner's left foot
  - Control and pass back with left foot
3. Diagonal Right Foot – Movement Around Cone
  - Right foot diagonal pass to partner's right side
  - Partner controls behind cone and moves around it before passing
4. Diagonal Opposite Side
  - Left foot diagonal pass
  - Partner controls behind cone and moves around it before passing

#### 5. Increase Distance – Step Back 4 Metres

- Coach calls one side to step back 4 metres
- Right foot passing – Two touches

#### 6. Same Distance – Left Foot Two Touch

- Left foot control and pass

#### 7. Close Distance – 4 Metres Apart

- Right foot – One touch passing

#### 8. One Touch Left Foot

- Left foot – One touch passing

### **Progression**

- Control the ball around the cone in one motion
- Play the pass with the opposite foot to the one that controlled the ball

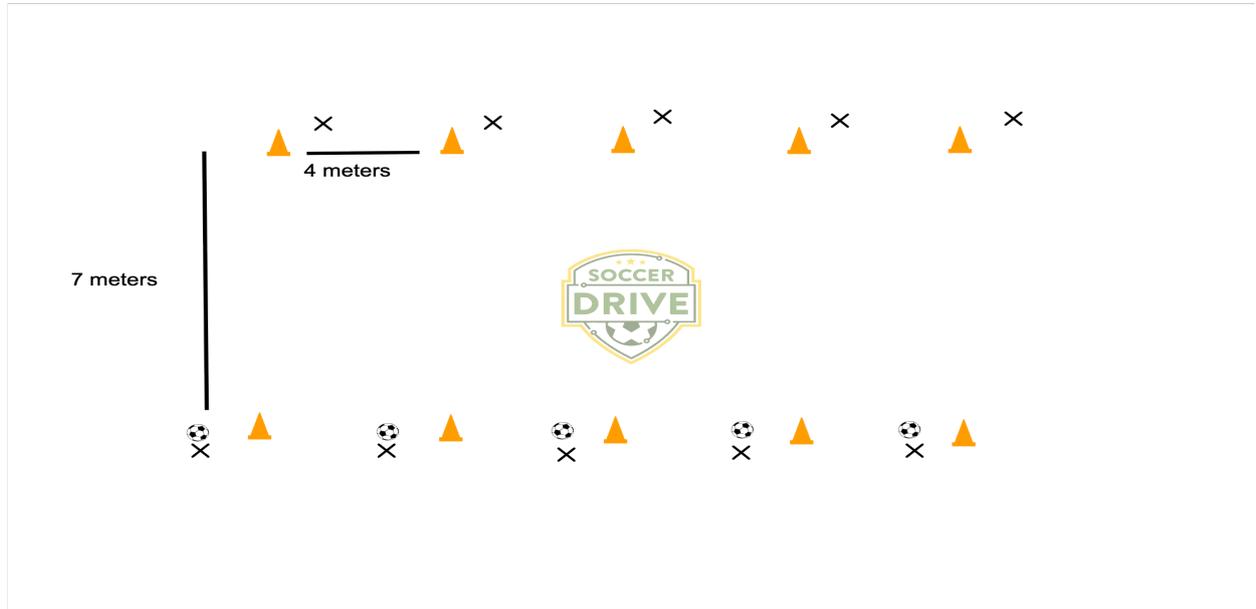
### **Adjustment**

- Reduce distance between partners
- Allow unlimited touches if quality drops
- Slow tempo to focus on clean technique

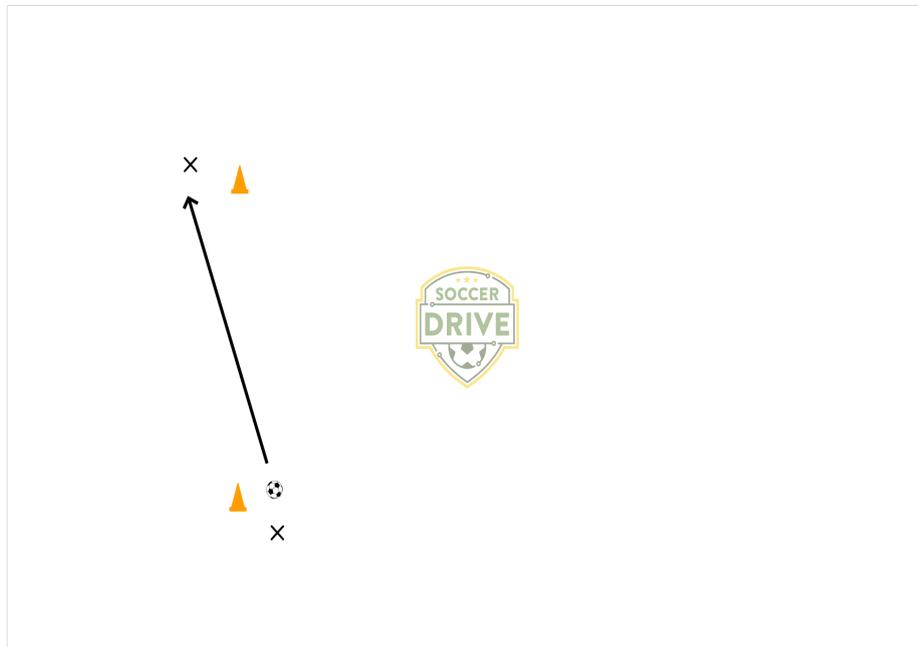
### **Coaching Cues**

- Pass diagonally with purpose
- Hit the correct foot
- Open body shape
- Move feet around the cone
- Quality first touch
- Stay balanced

## Full Setup Layout

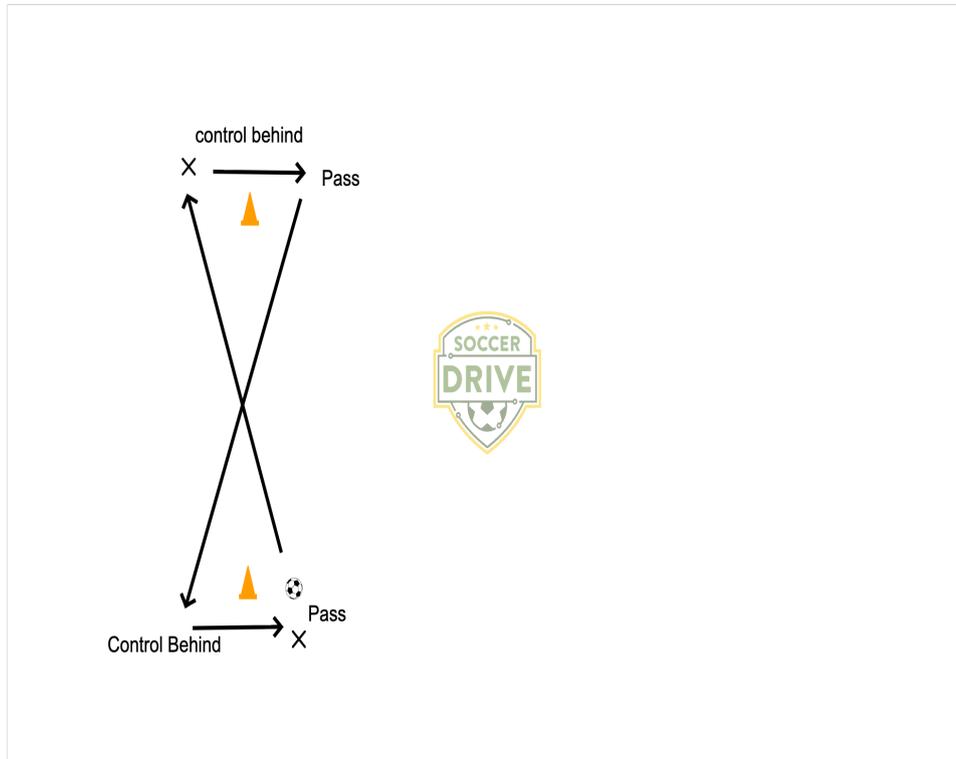


## Two Touch – Diagonal Pass (Right and Left Side Example)





## Control Behind Progression



### Execution Notes

- Player receives pass behind the cone
- Option 1: Stop ball → move it behind cone → pass
- Option 2: Control ball directly behind cone → play immediately
- Goal: Control with one foot and pass with the opposite foot
- Example: Control with right foot → pass with left foot (and vice versa)