



WILLAMETTE UNITED FOOTBALL CLUB

BALL MASTERY MATRIX





WUFC BALL MASTERY MATRIX

Willamette United Football Club believes that the best way to help a young soccer player develop is to help them become comfortable with the ball at their feet. The best way to master foot skills is to provide players as many touches on the ball as possible.

When a player becomes confident with the ball at their feet they can then begin to think about the rest of the game. This Ball Mastery Matrix has been created to help coaches, parents and players set goals for specific ball mastery skills that should be mastered over the course of the season.

By focusing on ball mastery at home it creates a player-centric environment that is vital to the development of our players within the sport itself. It is also an opportunity for a child to learn the importance of goal setting while learning and developing at their own rate.





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Why should foot skills be the foundation of every practice no matter the player's age?

- *You can easily adjust the complexity of the skill depending upon the age and skill level of the player(s).*
- *There is always a way to progress to more challenging and difficult skills.*
- *A player gets multiple touches on the ball right away. Skills executed at game speed is a good game specific aerobic training tool that is more effective than fitness training (running laps).*
- *As time passes, and mastery is achieved, the skill becomes instinctive and it will be used in a game unconsciously.*
- *Working on foot skills at the beginning of a practice session is a good way to warm up.*

We have included several ideas to get players multiple touches on the ball as part of the daily warm-up. These drills should be a primary focus for the entire season. Remember any skill can be broken down to an age-appropriate level. The list in this document attempts to build from basic foot skills to more advanced as players move from PDP to CLASSIC soccer.



WUFC BALL MASTERY MATRIX

1st Grade

CONTROLLED DRIBBLING – Slowly move ball between both feet using inside, outside & sole of foot to manipulate the ball in different directions.

SPEED DRIBBLING – Running w/ the ball using the laces of the foot to guide the ball along with you. **NO DRIBBLING WITH THE TOE!** Emphasize keeping the toe pointing down while running.

FOUNDATION TOUCHES - Aka “Cradles”. Ball in between feet moving ball from side to side in a pendulum fashion.

TOE TAPS - Little touches on ball using the toe's, sole (bottom) of the foot in a repetitive fashion of left, right, left, right and so on.

INSIDE FOOT PASSING – Plant foot facing your target, strike through the middle of the ball with the inside of the foot. *best technique for accuracy and control*

INSIDE FOOT TRAP – Used to receive a pass. Opening hips and foot to catch/cradle the ball and bring it to control at ones foot.



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2nd Grade

INSIDE / OUTSIDE (ONE FOOT) - Move ball with inside of foot, followed by outside of the foot in a zig zag fashion. Left foot only, followed by right foot only. *players begin to know what foot is their dominant, spend more time on their “weak” foot at this age as muscle memory is much easier to learn while players are young**

HEEL / TOE ROLL - Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times.

1 TOUCH JUGGLE – Starting with the ball in hand, drop the ball and using your laces take 1 touch to pop the ball back up and catch it again in your hands.

INSIDE CHOP – Running forward, use the inside of the foot to turn the ball straight back in the opposite direction.

OUTSIDE CHOP – Running forward, use the outside of the foot to turn the ball straight back in the opposite direction.



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3rd Grade

PULL PUSH - Pull ball back from heel to toe and push forward with the laces.

Sole Roll - Body square facing the ball. Roll entire foot over the ball (inside of foot making contact with ball first) and quickly repeat with the same foot

Inside, Inside / Outside, Outside Touches - Now 2 touches with inside of the foot followed by 2 touches of outside of the foot. Foundation Touches forwards/backwards - Now moving with the ball forwards and backwards.

Sole Taps forwards/backwards – Now moving with the ball backwards and forwards.

2 Foot Juggle – Starting with the ball in hand, drop the ball and using your laces take 1 touch with right foot before it hits the ground to pop the ball back up and take 1 touch with your left foot to pop the ball back up and catch again with your hands.

CHANGE OF DIRECTION MOVES (CODs)

Pull Back – Running forward, use the sole of your toe to pull the ball straight back in the opposite direction, facing the ball the entire way through the turn.

Drop of the Shoulder – Aka “Body Feint”. Dribbling at a defender, player dips shoulders & bends knees to “sell” the fake (or to make the defender believe the attacker is going in a specific direction) in one direction and takes the ball with the outside of the opposite foot in the other direction around defender.



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4th Grade

Inside/Outside Roll – Rolling your foot, using inside or outside of your foot, up the ball to put the sole of the foot on the top of the ball and repeat.

Inside / Outsides (both feet) – First touch with little toe right foot (outside of foot), second touch with big toe right foot (inside of foot), Third touch with little toe of left, Fourth touch with big toe of left. Repeat.

Foundation Touches Side to Side - Now move body to left whilst performing 3-4 “side steps” and then back to the right in a zig zag fashion.

CHANGE OF DIRECTION MOVES (CODs)

Cruyff Turn – Dribbling straight. Put your plant foot beside the ball and using the inside, big toe, of your control foot, chop the ball behind your standing leg & begin dribbling the ball away in the opposite direction.

Scissors – Same idea as above. Difference here is the “fake” step now happens by moving your foot in front/around the ball.. Faking left and taking the ball away to the right for example, the left foot is your “fake” step foot, when you take that fake step you must swing your foot around the front of the ball while bending your knees and dipping shoulders to fake left.

Pull Back V – Using the sole of your foot perform a heel to toe roll and using your inside or outside of the foot push the ball a different direction.



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5th Grade

Sole Taps Side to Side – Moving the ball from side to side, left foot to right foot in a zig zag fashion.

Foundations W/ Combo – Starting with foundation touches, on command coach call out a particular skill move to perform then players get back into foundation touches.

Sole Taps W/ Combo – Start with sole touches and on command coach calls out another skill move to perform and then players get back into sole taps.

1v1 MOVES

Step Over – Require a similar fake to the scissor but now you step over the front of the ball.

COD Move

Pull Push Behind - Pull ball back with your sole & behind standing foot and using inside of big toe push across to control with other foot

ESCAPE TURN

Circle Roll/Turn - Moving ball with either the inside or sole of the same foot in a circular motion.



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6th Grade

Foundations W/ Roll Over - 2 Foundations touches followed by a roll over and repeat. 1st touch inside right foot, 2nd touch w/ inside left foot then use right sole to roll the ball over and repeat starting with first touch left foot.

Pull Push Side to Side – “V Touches” – Set ball in front of and to the side of you. Reaching across your body, with the sole of your foot, pull the ball back in and take second touch out in front and to the opposite side. Then repeat with opposite foot.

1v1 MOVES

Double Scissors – Same idea as single scissor. Just do 2 scissor steps using both feet. Scissor step with left, scissor step with right then take ball away to left.

Roll Step Over – Combining the roll over and step over. Roll the ball across your body with your right foot going from right to left and your next step with your left foot steps over the ball.

COD Moves

Roll Over/Outside Chop – Running straight. Rolling your sole over the top of the ball while coming to a stop and use the outside of the same foot to take the ball back in the opposite direction.

Roll Over/Inside Cut – Same as above; however this time letting the ball roll across your body to the opposite foot to use the inside of that foot to take the ball back in the opposite direction.

Escape Move

Lift Touch – Using your toe to dig in under the ball to lift it up and over a defenders leg. Often used in 50/50 situations where you beat a defender to the ball and know they are coming in hard for a tackle.



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Ball Mastery Goals

1v1 MOVES

Maradona – Legendary escape turn coined by Diego Maradona of Argentina. Using the sole of both feet perform a slight pull back with your dominant foot while simultaneously spinning in a 360 degree motion and catching the ball with the sole of your opposite foot to pull the ball back in front of you.

Ronaldo Chop - Often used on the outside of the field as a way to cut into goal. Speed Dribbling with the outside foot (foot closest to the sideline) breaking stride to quickly chop the ball using the big toe of the outside foot behind your plant foot to cut the ball in towards goal.

ESCAPE MOVES

Elastico – The Legendary Ronaldinho of Brazil was famous for this escape move. In one step, using the outside of your foot, you start by taking the ball with the little toe to the outside, but before your foot hits the ground, at the flap of your ankle, use the inside of your foot to take the ball inside back inside.

Inside/Out Hesitation – Catching the ball with the inside of your foot appearing to take it in one direction, plant foot is used as a juke step before taking second touch with outside of the same foot to go in the other direction.

Scissor Inside/Out – Perform a scissor move then change direction using the inside then outside of your foot.



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Video Links

CORE SKILLS

Foundations: <https://youtu.be/cNVrC5WJq8w>

Toe Taps: <https://youtu.be/ndMkjRROeMk>

Inside Foot Passing: <https://youtu.be/fCanpKMKwUI>

Inside Foot Trap: <https://youtu.be/enYvjqmanY4>

Inside/Outside: <https://youtu.be/INP7SZnmkss>

Heel/Toe Roll: <https://youtu.be/OhbjhfFzfak>

1 Touch Juggle: <https://youtu.be/Txr2YQzsLDU>

2 Foot Juggle: <https://youtu.be/Txr2YQzsLDU>

Inside Chop: <https://youtu.be/z-la5dQu7WY>

Outside Chop: <https://youtu.be/Hx6gbYgo7LI>

Push Pull: <https://youtu.be/U4JOLr3x6IY>

Sole Roll: <https://youtu.be/pFyZBPtLv3k>

Inside, Inside/Outside, Outside:

<https://youtu.be/NjwNuNugrEg>

Foundation Touches forwards/backwards:

<https://youtu.be/yHTFs3sAi9k>

Toe Taps forwards/backwards: <https://youtu.be/ndMkjRROeMk>

Inside/Outside Roll: N/A

Inside/Outside (both feet): <https://youtu.be/gHTQw4k2bYs>

Foundation Touches Side to Side: <https://youtu.be/li8nNiyLr1A>

Sole Taps Side to Side: <https://youtu.be/ndMkjRROeMk>

Foundations W/ Combo: N/A

Sole Taps W/ Combo: N/A

Foundations W/ Roll Over: https://youtu.be/cZRmcW_qWx8

Pull Push Side to Side: <https://youtu.be/U4JOLr3x6IY>



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Video Links

CHANGE OF DIRECTION MOVES

Pull Back: <https://youtu.be/YpuAC0whCY4>

Drop of the Shoulder: <https://youtu.be/nqh7497qMpw>

Cruyff Turn: https://youtu.be/V9kICWR_nKk

Scissors: <https://youtu.be/6dcW1VhK3Yw>

Pull Back V: <https://youtu.be/NwYHqyAHZCE>

Pull Push Behind: <https://youtu.be/kbyUbslmVgl>

1v1 MOVES

Step Over: <https://youtu.be/MIWJHtBnqGc>

Double Scissors: <https://youtu.be/6dcW1VhK3Yw>

Roll Step Over: https://youtu.be/C5JFG_hcXQo

Roll Over/Outside Chop: <https://youtu.be/y6dFW2xfLpM>

Roll Over/Inside Cut: https://youtu.be/_p8WVKPsWD8

Lift Touch: N/A

Maradona: <https://youtu.be/BqZfsuMw9r0>

Ronaldo Chop: <https://youtu.be/lwCn74jgocA>

ESCAPE MOVES

Circle Roll/Turn: <https://youtu.be/kw5YzCMZRWc>

Elastico: <https://youtu.be/59HL5PzEij8>

Inside/Out Hesitation: N/A

Scissor Inside/Out: https://youtu.be/7roZXp_dSi4