

2010 NSCAA Convention Clinic Outline Book

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The Importance of Ball Work, Ball Mastery and Ball Creativity From the Youth Player to the Professional Player

The most important ingredient of any top player is their ability to handle and master the ball. There has been a neglect of ballwork in practices all over the world as coaches move to a more tactical or physical approach to practice sessions.

No matter what level you are coaching at, ballwork should be the backbone of your practices whether its integrated in warm ups, stand alone technical part of practice or an additional part of a physical practice.

Mastering the ball is imperative at every level. Ballwork improves our younger players, ballwork creativity enhances teams ability to keep the ball and create problems for opponents and ballwork is appropriate at the professional level to improve confidence, add a creative element to practice and ensure all players are comfortable with the ball no matter what pressure is on them.

It is a rare occasion when i dont use ballwork in a practice and whether its in 2's, 3's, or 4's it is important we are creative within the theme of ballwork. Players love using the ball and if you can create an exciting environment of ball hungry players anything is possible. Ballwork is a great way of disguising fitness, using speed, agility, explosiveness, plyometrics and always the ball.

The session will cover a ballwork session that integrates a warm up, progresses using passing/control/dribbling techniques into creative possession games and a small sided game emphasizing creativity and ball mastery. The session will illustrate how important ball mastery is for the modern player and how every coach must realize that ability on the ball should be worked upon at practice every day not periodically. Players spend two - three minutes with the ball on gameday. To maximise that short time on the ball, practice sessions must be ball savvy, ball emphasized and ball driven.