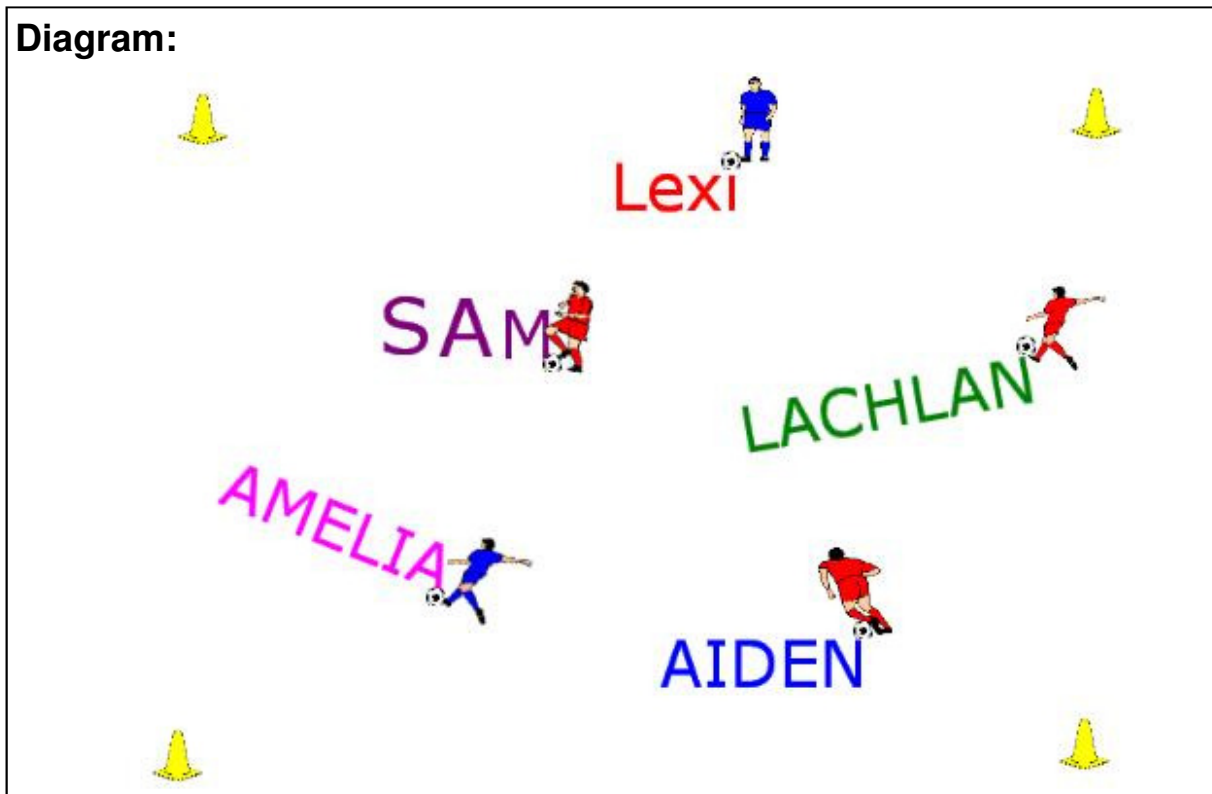


**Topic:** Ball Control  
**Drill Name:** Write Your Name With Ball

**Age Group:** U/8 to U/9

**Objectives:** A fun game that increase coordination and spatial awareness through gross motor activities that develop sound movement patterns. This ball Control exercise improves both feet and comfort on the ball.

**Diagram:**



**Description:** Players find their own space and chose their favorite colour. The player then dips their ball in that imaginary coloured paint and writes their name on the ground using their ball and the studs of their boot.

**Progressions:** Player uses the studs of their non dominate foot

**Coaching Points:**