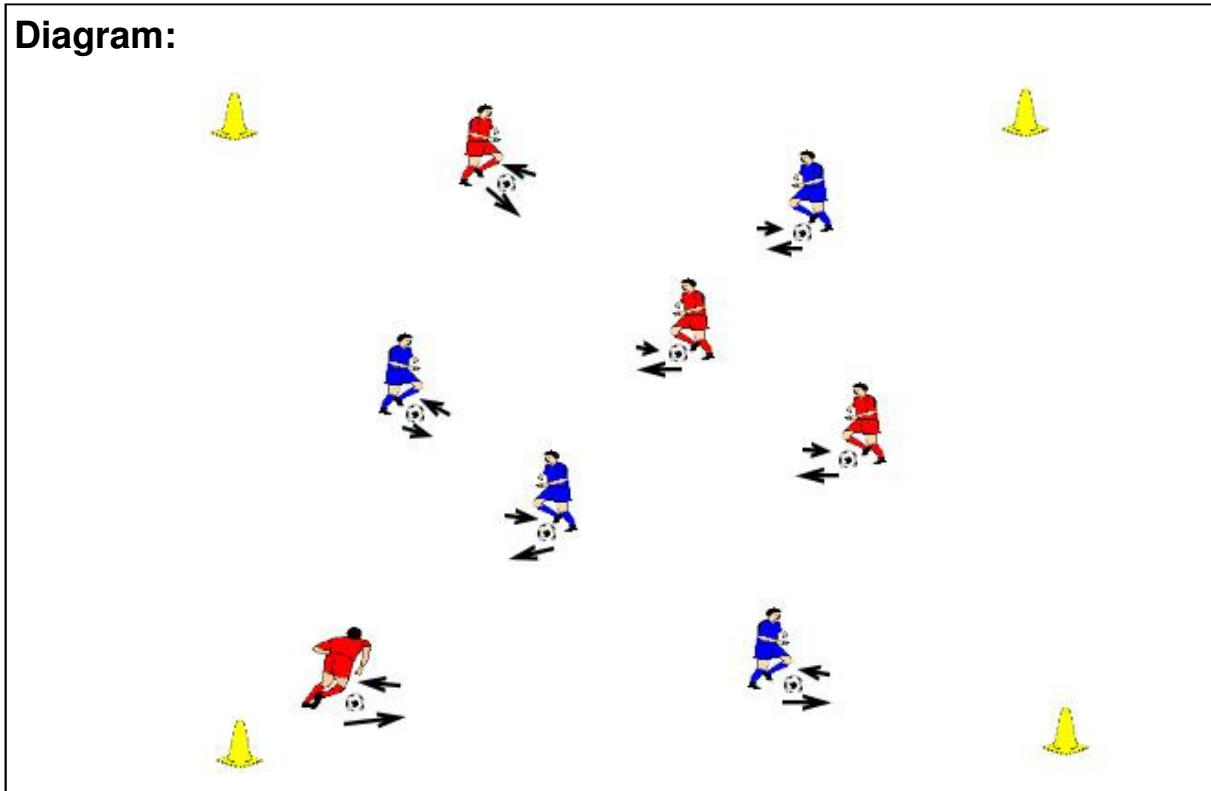


Drill Name: Pull Push

Age Group: U/8 to U/9

Objectives: A ball control exercise that assists with a players close ball control, balance and ability to change direction of the ball quickly.

Diagram:



Description: Players use the bottom (studs) of their favorite foot to pull the ball back towards their body, then using the laces of the same foot the player pushes the ball back out in front of themselves.

Progressions: Perform the move while moving.

Coaching Points: Point toes towards the ground and lock ankle when pushing the ball out. Stay balanced.