

Two Ball Series

Each player has two footballs each. You can pair the players up again for 15 or 30 seconds or you can have player work individually. When the players understand the drills, you can introduce the speed drill again with loser doing 5 pushups. To increase the intensity of the drill, add that if the ball stops or is fumbled while dribbling, players have to continue to bounce the other ball while picking up the ball that was fumbled.

Drills

- **Double bounce** – Start bouncing both balls with left and right hands. Bounce and catch with the one hand.
- **Double crossover bounce** – Start bouncing both balls with left and right hands. On go, crossover both balls in front of your body as quickly as possible.
- **Single leg circles, RIGHT SIDE** – While bouncing the ball with the left hand in a stationary position the right hand rolls the ball around your right leg and back to the starting position.
- **LEFT SIDE** – After you have completed the 30 seconds on your right, use your right hand to bounce the ball and your left hand to roll the ball around your left leg.
- **Single leg with a crossover** – Same as the single leg circles with a twist. When you roll the ball around the left leg cross it over to the right hand while bouncing the ball in your right hand to your left. Then continue with the right leg circle. If you have two different coloured balls, one ball should do a figure 8 through your legs while the other should crossover at the front.
- **Figure 8 with two balls** – Both balls are on the ground and do a figure 8 through the legs with one ball following the other. Keep changing hands over with the balls, continue to follow each other.

15 or 30 second Drills

- **Wrap around** – Start with the ball at waist level. When the whistle blows, wrap the ball around your body as quickly as you can. Every time the ball is wrapped around your body counts as one. Keep the ball from touching your body at all times. Aim – 65 to 70.
- **Figure 8 wrap** – Feet shoulder width apart with the ball between your legs. Wrap the ball in a figure 8 motion in between your legs as fast as you can. Every time the ball goes through the middle of the legs, it is counted as one. Ball should not hit the ground. Aim – 75 to 85.
- **Figure 8 on the ground** – Same as above except, instead of wrapping the ball around your legs, roll it along the ground. Keep your stance low and the ball along the ground while using both hands and don't palm the ball. Aim – 15 to 20.
- **Flip** – Hold the ball between your legs with the left hand in front and the right hand behind your legs. When the whistle blows, change your hands so the right hand is in front and the left is behind. Keep changing your hands as fast as possible while keeping the ball from touching the ground. Every time you catch the ball counts as one. Aim – 90 to 100.
- **Flop** – Feet shoulder width apart and hold the ball with both hands behind your legs. When the whistle blows throw the ball through your legs and catch it in front of your legs with both hands without dropping the ball. Every time you catch the ball, it counts as one. Aim – 90 to 100.
- **Skip** – Start with the ball in your hands and feet together. On the whistle skip on the spot by changing legs eg. right in front, left in front, right in front. While you are skipping, pass the ball through your legs. Every time the ball passes through your legs, it counts as one. Aim – 60 to 70.