

Max's Masterclass: Mastering Ball Control

Learning objective: To develop ball handling and coordination skills by applying tactical decision-making and precise movement.

Max the monkey believes that ball games are just puzzles in motion. To solve these, you must choose the correct movement or technique for each scenario. Read each of Max's 'Ball Puzzles' below and match the appropriate technique from the word bank to solve the challenge. Then, justify your choice by explaining how that technique helps you keep control.

Word bank: Chest pass · Dribbling · Intercepting · Foot trap · Pivoting · Tracking · Shoulder pass

1. Max is moving quickly across the court with the ball at his feet, keeping it close to his boots. Which skill is he using, and why is it superior to kicking the ball long distances when an opponent is near? (2 marks)

2. A teammate is standing five metres away, directly in front of you, calling for the ball. Which pass should you use to ensure it is accurate and difficult for the defender to snatch? Explain why. (2 marks)

3. Compare and contrast using a foot trap versus using your hands to stop a ball. In a game of football, why must you use the former? (2 marks)

4. You are standing still, holding the ball, but two defenders are blocking your path. How can pivoting help you maintain possession while looking for a teammate? (2 marks)

5. Justify your answer: Why is 'tracking' the ball with your eyes essential before attempting to catch or control it? (2 marks)

6. What might happen if you use a powerful shoulder pass when your teammate is only a very short distance away? Explain the potential consequence. (2 marks)

Draw: Draw a diagram of yourself performing a pivot. Use arrows to show the movement of your feet and a dotted line to show the path of the ball as you turn away from a defender.



Extension challenge: Design a 5-minute training drill that requires a partner to use at least three of the techniques listed in the word bank. Write a set of 'Golden Rules' for your drill that would help a beginner succeed.