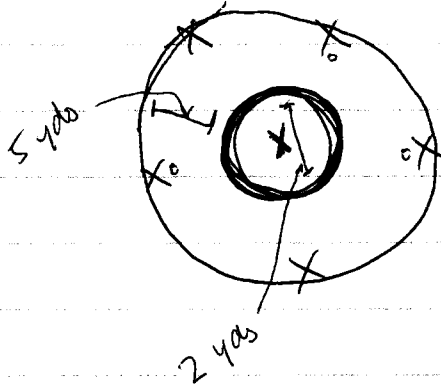


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I

AIR CONTROL

- A. INSIDE
- B. OUTSIDE
- C. SOLE

Control drill



Always
ball in air → 2 touch to player
w/o ball
1-2 min in middle
as soon as ball
comes off foot, next
ball is in air