SAMPLE BALL-WORK PLAN

An example to discuss with Coach Mo.

A simple 15-minute structure for focused touches and reflection. Ask Coach Mo how to adapt it for your player.

1. 2 minutes - Set up: choose a clear space, check the surface, and begin with gentle touches at a comfortable pace.

2. 4 minutes - Close control: keep the ball close with inside and outside touches, using both feet.

3. 4 minutes - Pass and receive: use a partner or a suitable rebound surface. Focus on a controlled first touch.

4. 3 minutes - Change direction: dribble toward a marker, turn with control, and look up before moving away.

5. 2 minutes - Reflect: write one thing that felt easier and one question for Coach Mo.

MY NOTES / QUESTIONS

Contact Coach Mo: media@mofutbol.tv