



Ball Control Under Pressure

Duration: 45 min | **Focus:** Training to handle pressure with the ball | **Level:** Hard

Key Focus Area

Become comfortable with the ball under pressure

Training Plan

Small-Space Dribble Escapes

Duration: approx. 10–15 min

In a tight grid, escape a cone-marked zone using dribbles and turns.

Shield and Turn

Duration: approx. 10–15 min

Receive under contact and turn away using body position and feints.

2-Touch Escape

Duration: approx. 10–15 min

Control and pass away from pressure with only two touches under tight space.

Wall Control Drill

Duration: approx. 10–15 min

Receive from wall, control with 1st touch and redirect to marked zone.

Quick Recovery Touches

Duration: approx. 10–15 min

Lose ball on purpose and win it back within 2 seconds before playing out.