



**THE STAR**  
*Alessandro Del Piero*

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# DEL PIERO FILE

## Teams

**National Team:** Italy

**Club:** Juventus (Italy)

## Honors

European Champions Cup  
Champion (Juventus, 1996)

Italian league champion  
(Juventus, 1997 and 1998)

World Club Cup champion (Juventus, 1996)



## Star Qualities

Excellent ball-control skills

Creative passer

Free kick and penalty kick expert \_\_\_\_ especially at  
Swerving the ball

Consistent goal scorer

Cool under pressure

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## **EXERCISE 1**

### **Setup**

A 20-by 20-yard area.

Up to 18 players each with a ball, standing one yard apart at one side of the square.

Number the players alternately 1, 2, 3 and 4.

### **Action**

The coach instructs all of the no.1 players to move steadily across the square using alternate feet to pull the ball with the sole and push it with the laced part of their shoes.

When the no.1 players are 1/3 across the square the coach instructs no.2's to follow.

When no.2's are 1/3 across the square, the coach calls for no.3's.

The players rest on the opposite side of the square until all of the other players arrive. Then the coach instructs them to return.

The coach can ask them to use the outside or the inside of the foot.

### **Tips**

Simple repetitions with both feet are a sure way to improve your players' ball control.

Tell players to start slowly and then try a little hop between pulls and pushes.

All the practices in this section improve coordination and create flexible ankles, knees and hips - key elements on the road to ball mastery.

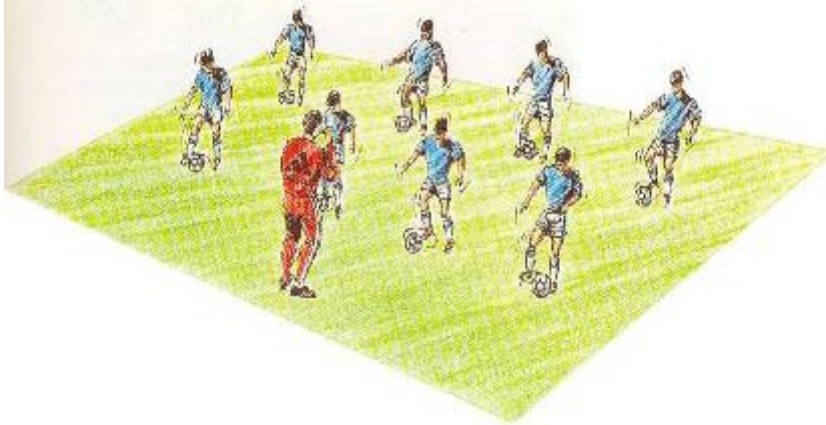


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## EXERCISE 2



### Setup

A 20- by 20- yard area. Each player with a ball, standing a couple of yards apart. Form two or three lines, as required.

### Action

On the coach's signal players move steadily upfield tapping the ball from foot to foot. After four taps, they pull the ball with the sole and push it out with the inside of both feet and repeat the sequence moving upfield.

### Tips

Number the players 1,2,3 and start them in waves according to numbers called.

**BALL MASTERY**

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**BALL MASTERY**

**EXERCISE 3**

**Setup**

A 12- by 12- yard area. Four groups of up to four players positioned as shown. The first player in each group has a ball.

**Action**

The players with a ball dribble to the center of the square cutting the ball tightly across their bodies with the inside and outside of the same foot.

At the center they cut the ball to their right, pass to the first player in the next group and sprint to join the end of that group.

Option: The receiver can toe tap the ball between his feet until the coach signals the next players to start.

**Tips**

Make sure players cut the ball across their bodies - not too far in front.

Have them make as many quick, tight cuts as possible without losing control.

Tell them to keep their head up as much as possible.

Suggest that players use their “weak” foot as well.

This format can be used for any of the ball mastery exercises.



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## Exercise 4

### Setup

Two adjacent 10- by 20- yards lanes.

Two groups of up to six players at opposite end of the adjacent lanes.

The first player in each group has a ball.

### Action

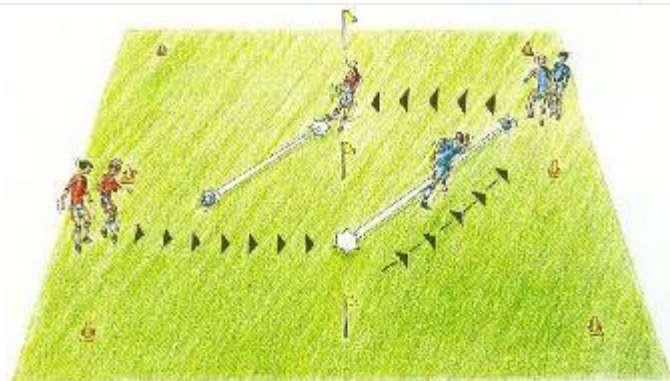
Players tap the ball forward with the outside of the foot as often as they can to the midpoint of their lane where they pass to the first player in the opposite group and sprint to join end of that group.

The receiving players repeat the action in the opposite direction.

### Tips

Remind players to practice with both feet and to look up before they pass.

**BALL MASTERY**



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