

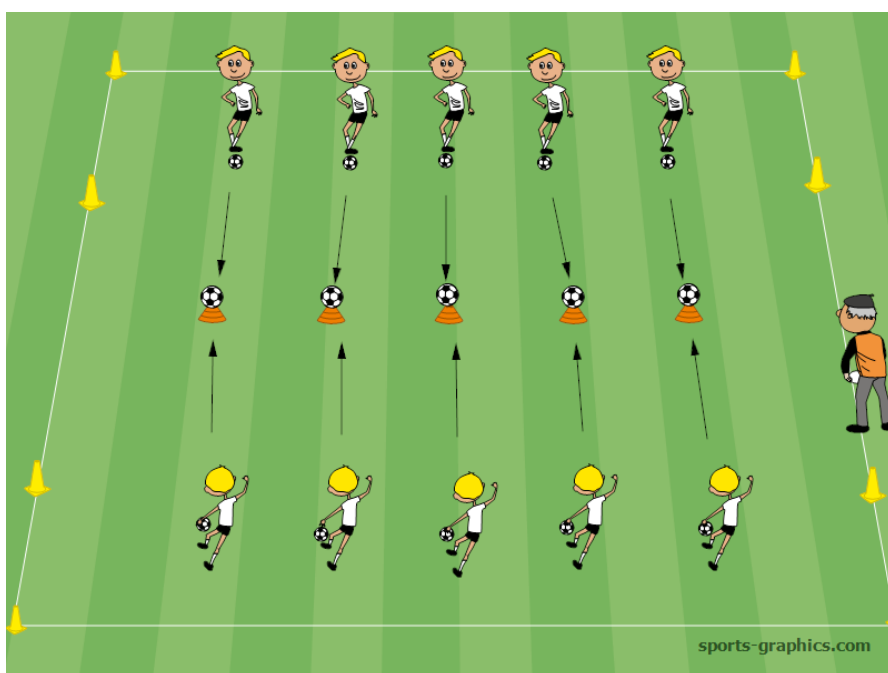
BALLS IN THE MIDDLE

Improve basic ball striking

TECHNICAL

Passing

Striking the Ball



In a 20x20 playing area set up a central line of cones with balls on top.

Adjust the size of the area to suit the number of players.

Divide players into two groups and line up either side of the area with a ball each.

Each group attempts to knock the balls off the cones.

Make the number of cones an odd number to prevent a draw, as the winner is the group that knock most balls off on each attempt.

Replace the balls and repeat.

To increase the difficulty players use opposite foot or adjust the distance from the cones.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Approach, footwork, standing foot, striking foot.
- Contact point on the ball and follow through.
- Correct passing technique.
- Observation and selection of the pass.
- To improve the technique of passing with the inside of the foot.

KEY FACTORS

- Correct technique - striking
- Head up (observe target)
- Stay light on feet
- Technical execution

FOCUS AREAS

- Approach into ball, position of standing foot, striking foot, contact on ball.
- Correct technical shortfalls with quality of pass where necessary.
- Demonstrate the correct technique.
- Encourage players to maintain their receiving and passing standards - insides of feet, furthest foot, and change of feet to move the ball away from defenders etc.
- Ensure correct kicking technique is used.
- Footwork with contact point on the ball.
- Observe the quality of technique.
- Size of grid to be modified to suit skill level.
- Standing foot aimed at target.

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