

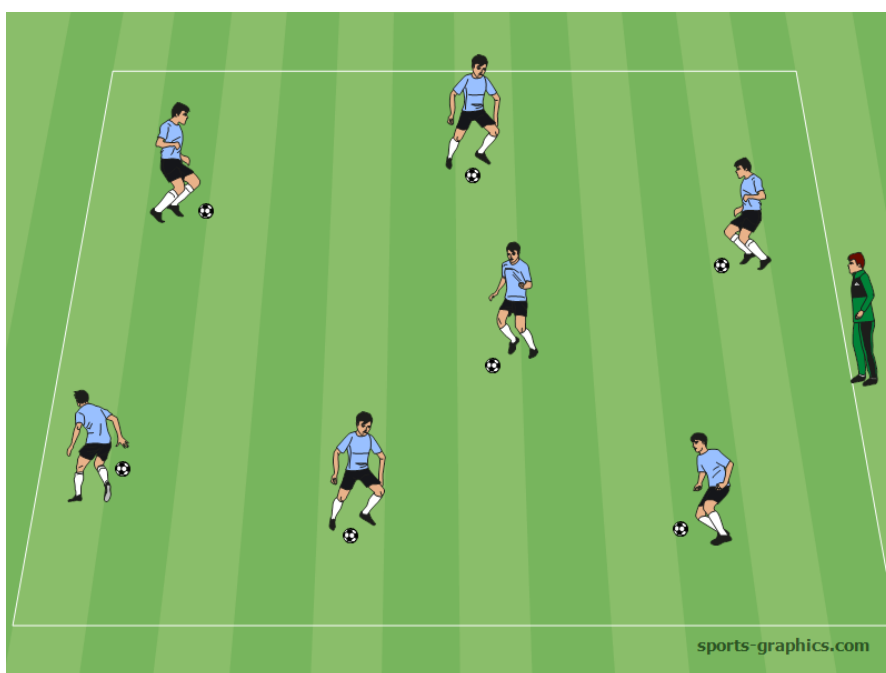
ROLL SCISSORS

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

Ball Familiarity Exercise



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. The move begins with the player standing to the side of the ball. The leading foot (foot closest to the ball) steps forward over the ball and then the back foot rolls the ball using the sole of the foot in the same direction as the leading foot. The ball is cushioned using the inside of the leading foot and the player repeats the process in the opposite direction (change of leading leg).

Follow the skill acquisition stages dependent on the player's progress. Stage 1 - develop the skill with a stationary ball systematically producing step by step moves.

Stage 2 - progress with players increasing the speed of touch.

Stage 3 - combine other ball manipulation moves to challenge further. Try giving a range of different techniques with players changing on command or combine two moves in one to increase the difficulty/complexity.

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

- Players will improve balance , coordination and feel for the ball.
- To improve touch through ball manipulation techniques.

KEY FACTORS

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- Rhythm
- Speed of the move
- Technique of the move

FOCUS AREAS

- Encourage players to have their head up - when the player is more proficient they should only briefly need to glance down.
- Mastering different techniques - each feint or move should be taught as specific techniques.
- To gradually increase the fluency and speed of the move.

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