

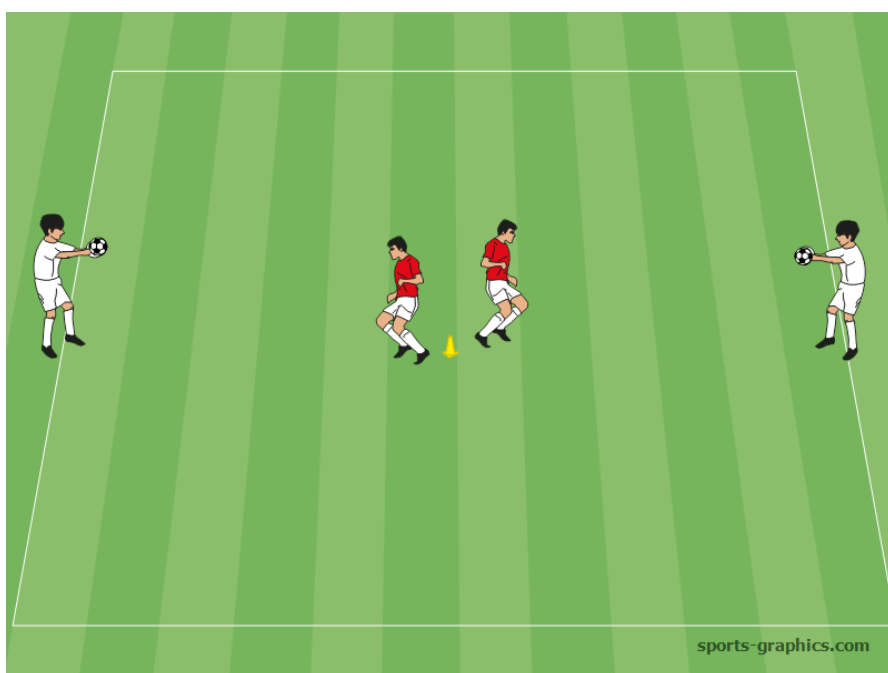
SPIN TO CONTROL ON THIGH

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving

First Touch



Players set up in fours with appropriate room to work.

Two servers (white) with a ball each throw into the working players (red). It is crucial that the service is of good quality for the best practice possible.

The working players control the ball using their thigh before volleying the ball back to the server.

Both working players spin to receive the next ball off the opposite server.

Encourage awareness to avoid players clashing.

Ensure players remain light on their feet and the ball control is of quality.

Rotate players.

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

- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

- Communication
- Move in line of the ball
- Quality of pass
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- Ensure correct surface area is used. Dictate which specific body part - thigh, chest, feet - this will require the server to throw at correct heights.
- Ensure serves are of a good quality.
- Footwork with contact point on the ball.
- Good first touch using the appropriate surface to control the ball.
- Keep an eye on distance between players to keep it realistic.
- Quality of the ball control (first touch).

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