

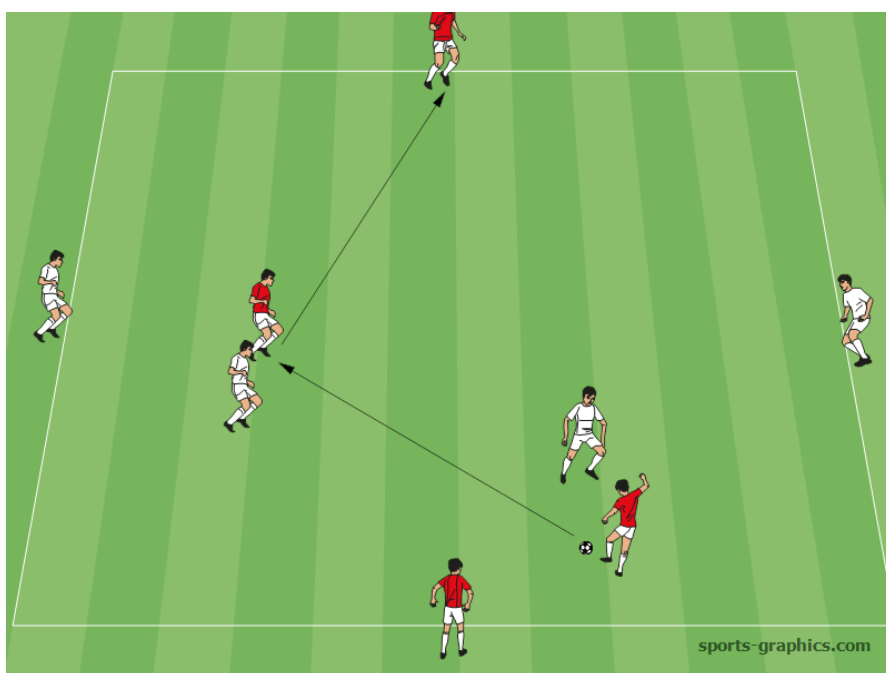
2v2 WITH FOUR OUTSIDE SERVERS

Develop ball control/receiving in a skill related practice

TECHNICAL

Ball Control - Receiving

First Touch



Set up a playing area 20x20.
Split 8 players into 2 teams.
Four players stay on the outside of the area.
One player on the outside starts with the ball in their hands.
The four players in the area play in pairs (attackers and defenders 2v2).
The attackers aim to receive the ball from the server, control the ball from the air, and pass back to a teammate on the outside after combining with their fellow player.
The receiving players on the outside pick the ball up to continue serving the ball to their teammates inside the playing area.
If the defenders win the ball they become the attackers and the roles change.
After a period of time change the outside players.
The quality of the serve is vital for this

practice, the coach should encourage a simple underarm technique.

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.
- How to select the contact surface.
- Technical refinement of how to receive.
- Technical refinement of passing technique.

KEY FACTORS

- Communication
- Early decision of controlling surface
- Head up
- Keep the ball moving
- Move in line of the ball
- Move the ball off straight lines
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- Decision making and secondary players in supporting positions.
- Ensure players get their body shape in the right position ready to receive the ball.
- Execution of the control - relax on impact.
- Good first touch using the appropriate surface to control the ball.
- Movement at an angle to receive.
- Team work and communication.

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