

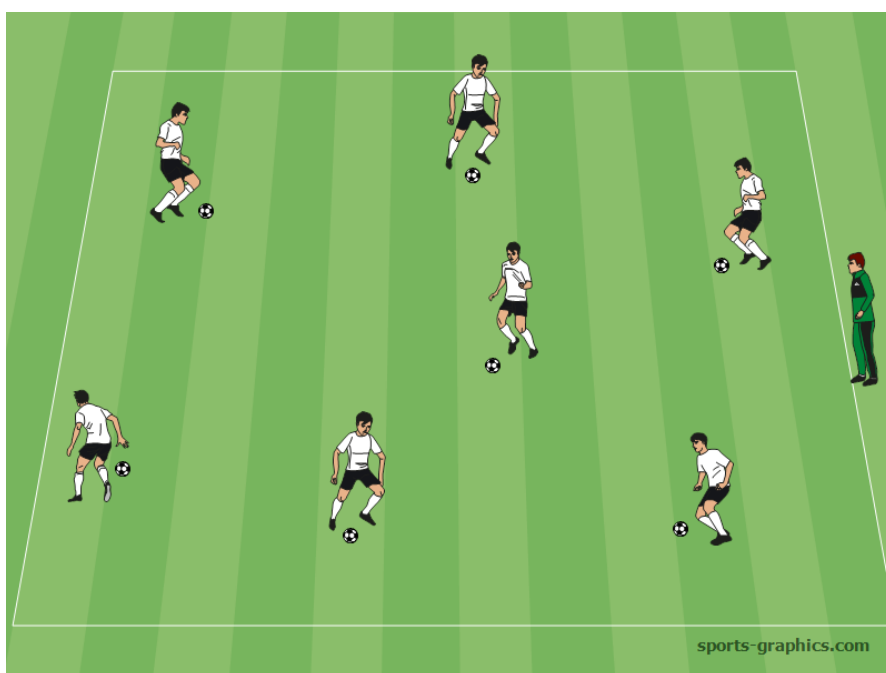
COORDINATION SEQUENCE

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

Ball Familiarity Exercise



Players start with a ball each and follow a sequence of touches.

This example begins with the players touching a stationary ball with a right and left tap using the inside of the foot followed immediately with a right and left sole tap. The player then quickly touches the ball with right knee, then left knee, head and then sits on the ball before quickly returning into the upright original starting position. There are many variations and the coach should challenge the players with different sequences.

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.

KEY FACTORS

- 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.
- Observe players progress and challenge players further by introducing different combinations.
- To gradually increase the fluency and speed of the move.

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