

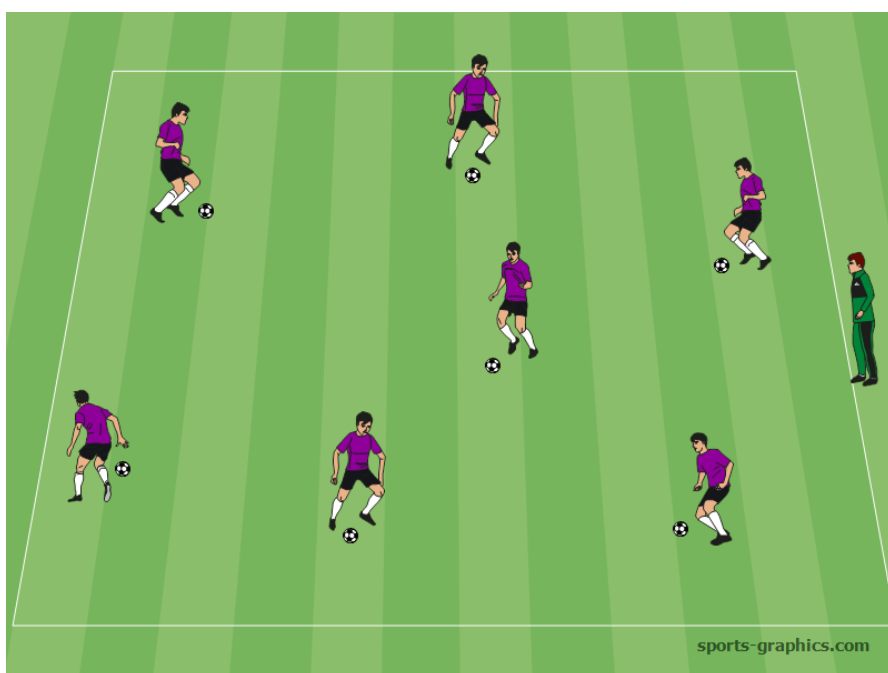
TAP-TAP CLAP TURN

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

Ball Familiarity Exercise



Set up a 20x20 practice area ensuring each player has their own work space and a ball. Players tap the ball side to side using the insides of feet. On the coaches signal (clap of hands) the players use the sole of the foot to drag the ball backwards and turn 45 degrees. If the player is dragging the ball back using the sole of their right foot the quarter turn is clockwise and anti-clockwise if using the left foot.

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 - As players become competent with using either foot, the coach then uses

one clap to turn using the right foot and two claps for turning with the left foot. This becomes progressively quicker to further challenge the 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

- 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
- 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 follow the skill acquisition stages 1-5.
- To gradually increase the fluency and speed of the move.

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