

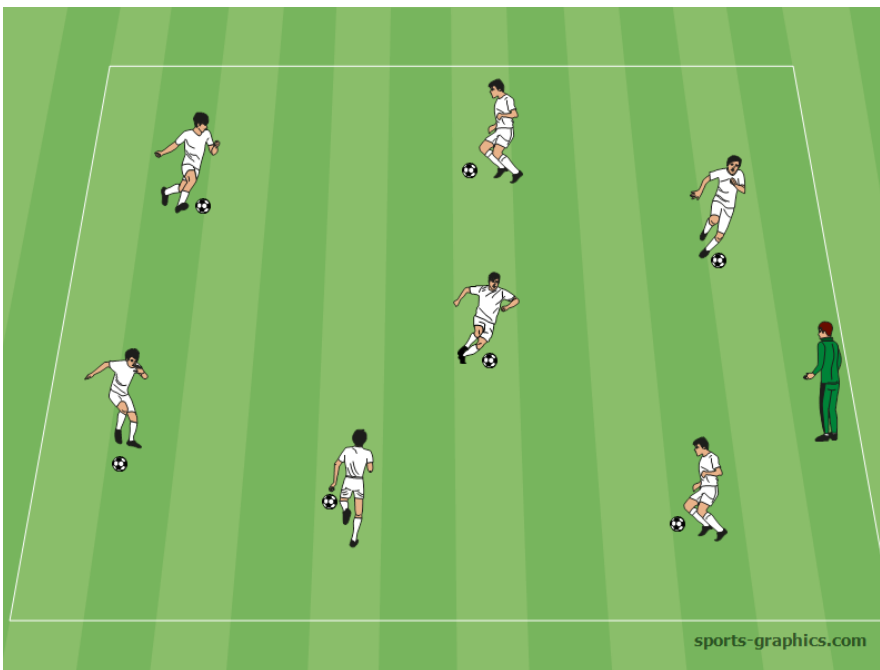
INSIDE OUTSIDE

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. Players dribble the ball with one foot alternating the inside of the foot with the outside.

Players use dominant foot first and then the less dominant foot.

When single foot mastery is achieved practice using both feet going inside-outside-outside-inside.

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 learned, with players changing on command or combine two moves in one to increase the difficulty/complexity.

Stage 4 - Develop the move to a more game related activity to improve decision making on the correct timing and use of the skill.

Stage 5 - Repeat the skill acquisition process (Stages 1-4) encouraging players to use their less dominant foot.

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 spatial awareness while performing the move.
- Players will feel comfortable in performing the move in 1v1 situations.
- Players will improve balance, coordination and feel for the ball.
- Players will understand where and when to use the skill.
- To improve touch through ball manipulation techniques.
- To learn and refine a specific technique through five skill acquisition stages.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Head up
- Knees slightly bent
- Light on feet
- Positive attitude
- 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.
- Observe players progress and follow the skill acquisition stages 1-5.
- To develop or refine a specific technique so that the player is comfortable with the move.
- To gradually increase the fluency and speed of the move.

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