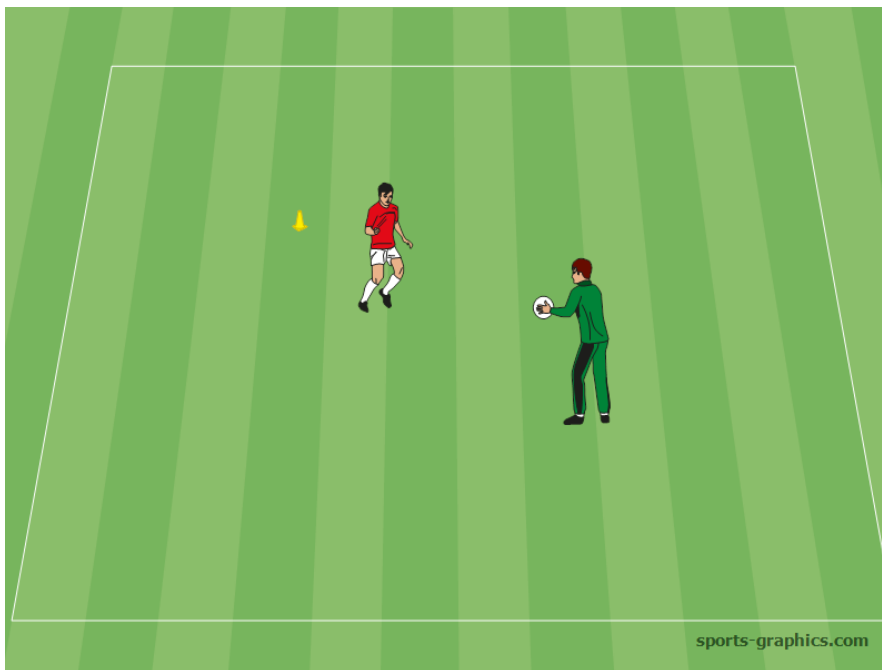


CHEST CONTROL IN PAIRS

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Place a cone to mark the player's starting point. In this example, the coach is serving however players can work in twos. It is crucial that the service is of good quality. The server throws the ball with height on the throw. The player controls the ball using their chest before volleying the ball back to the server. The return should be back to hands and players should be aiming towards the waist area. Repeat for a set time ensuring the player remains light on their feet and the ball control is of quality. To increase the intensity, player can check towards the cone before receiving each throw. If set up with players in pairs, ensure they swap roles.

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).
- Team work and communication.

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