

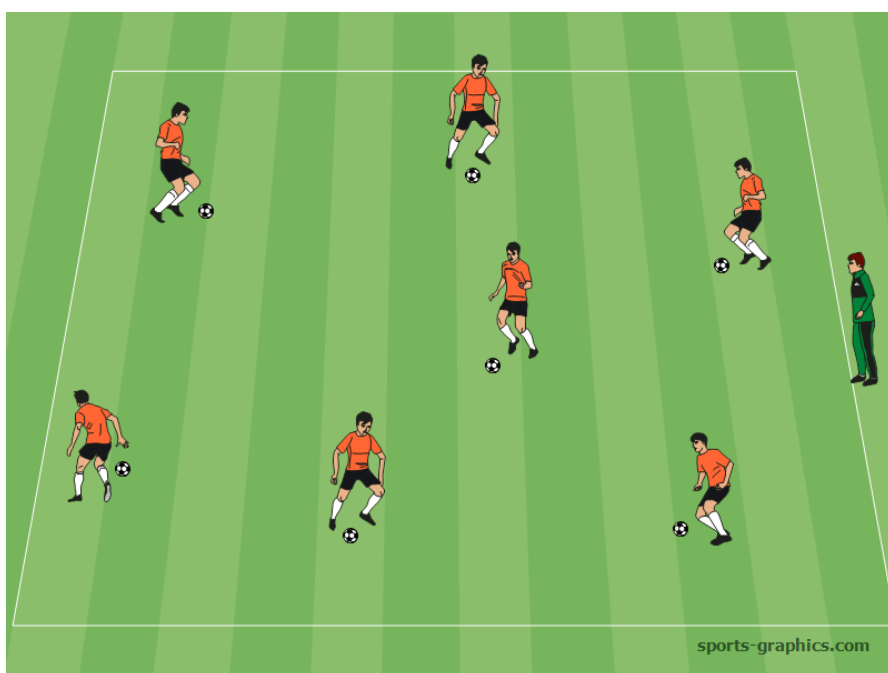
TAP-TAP PUSH OUTSIDE

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 practice the Brush Tap which progresses from the Brush Move.

The Tap-Tap Push Outside starts using the insides of the feet. After tapping the ball 3 times the player uses the outside of the foot to push the ball slightly away from the body before quickly using the inside of the same foot to bring the ball back into the opposite foot.

After 3 more touches the process is repeated using the other foot.

The skill repeats in a continuous flow.

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

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

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- Rhythm
- 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 challenge players further by introducing different combinations.
- 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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