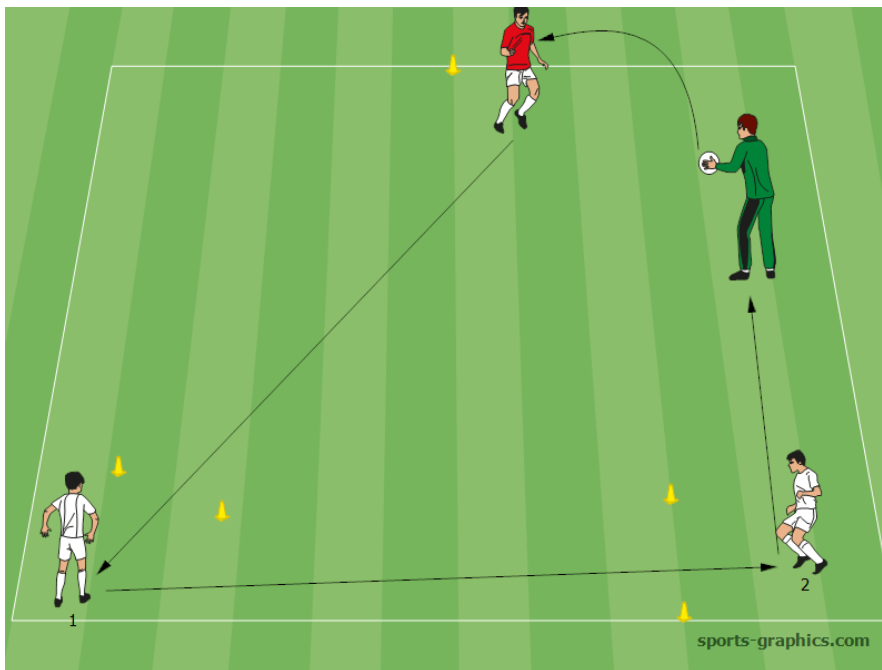


CHEST CONTROL CIRCUIT

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Set up an area adjusting the size to suit players' ability. Set up a cone gate for Players 1 and 2.

Coach or server (green) throws the ball with height to the red Player. The quality of the throw is crucial for the practice.

The red Player controls the ball with the chest to play into their path before passing the ball through the gate to white Player 1.

White Player 1 takes a touch and plays the ball through the gate to white Player 2.

White Player 2 passes back to the server.

Repeat for a set time ensuring players remain light on their feet and the ball control is of quality. Swap player roles after a time. To increase the intensity, have players check towards a cone before receiving each pass.

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

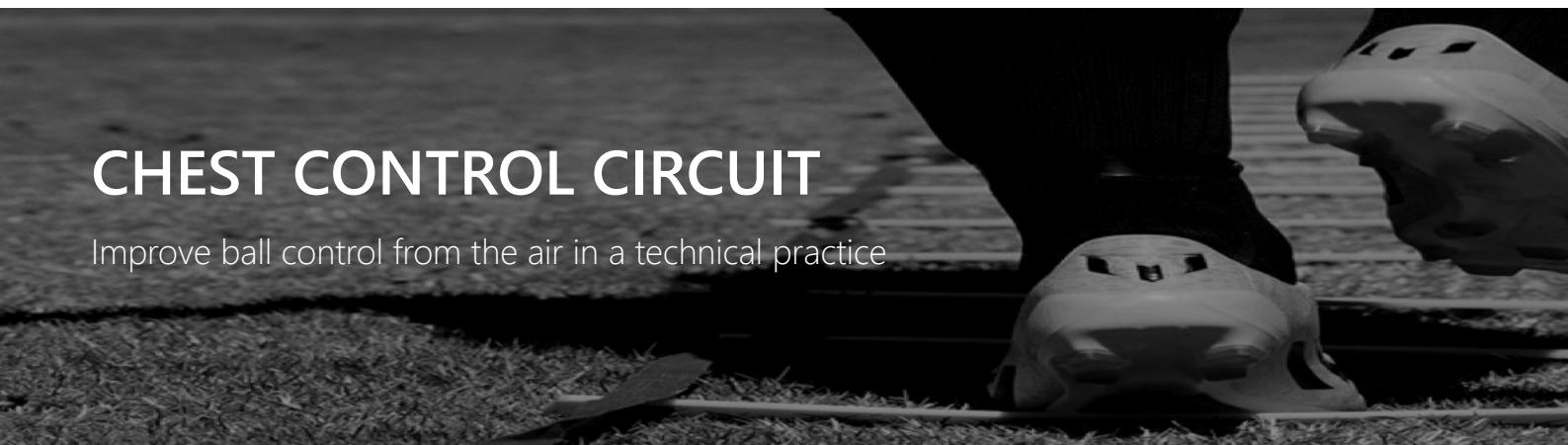
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

- Communication
- Move in line of the ball
- Quality of pass
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- Change players regularly.
- 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.
- Good technical execution by all players.
- Keep an eye on distance between players to keep it realistic.



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