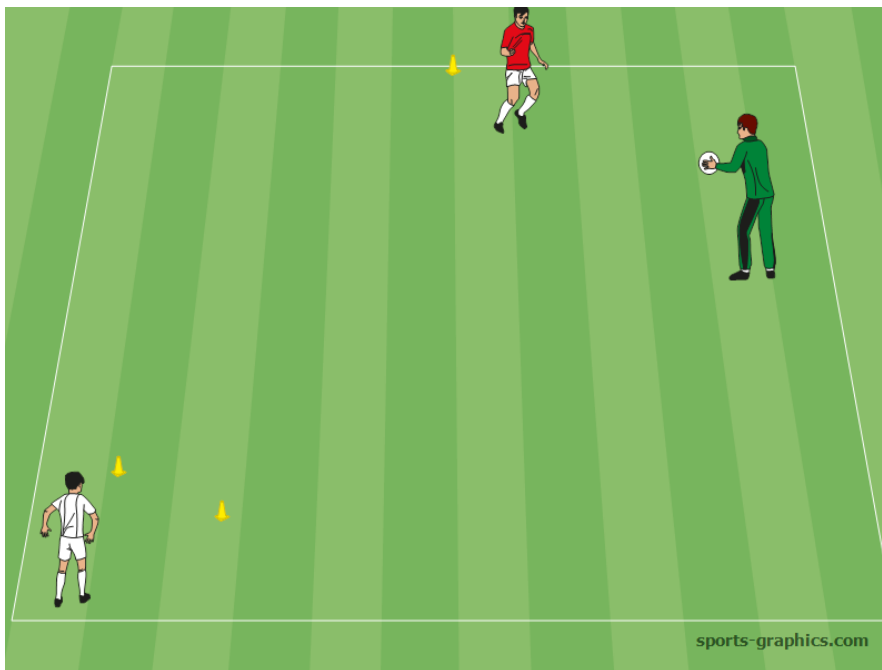


CHEST CONTROL TO PLAY FORWARD

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Set up two players - one behind a cone gate and one at a single cone.

In this example, the coach is serving however players can work in threes but it is important that the service is of the best quality for success of the practice.

Server throws the ball with height on the throw.

Player controls the ball with the chest and passes the ball through the gate to the receiver (white). The receiver takes a touch and plays the ball back to the server.

Repeat for a set time, ensuring players remain light on their feet and quality ball control.

If working in threes, ensure players swap roles after a set time.

To increase the intensity, players must check towards the cone before 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

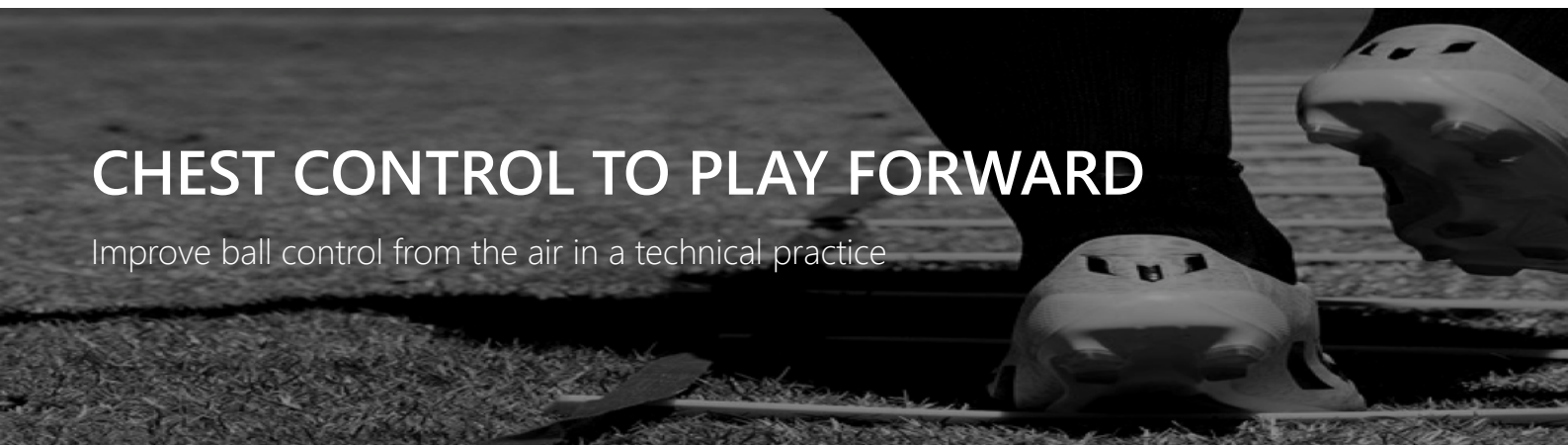
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

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

FOCUS AREAS

- 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.



CHEST CONTROL TO PLAY FORWARD

Improve ball control from the air in a technical practice