

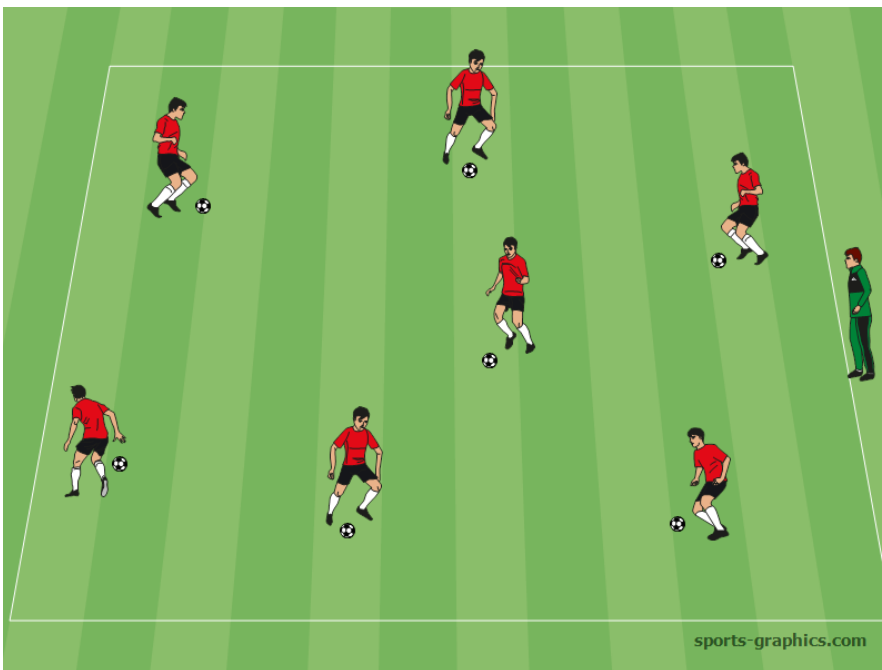
INSIDE OUT ROLL (CONTINUOUS SLIDE)

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 place the outside of the right foot just off the top of the ball. Roll the foot over the ball keeping it in contact sliding the ball to the opposite foot. The movement is left to right.

The foot rotates so at the end of the stroke the inside of the foot is on the outside of the ball. Reverse the movement so that the outside of foot rolls over the ball right to left. The inside of the foot ends the stroke. The move is continuously repeated so the ball moves from side to side. The foot should stay in contact with the ball throughout the motion.

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.

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.
- To improve touch through ball manipulation techniques.

KEY FACTORS

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- Rhythm
- 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.
- 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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