

BALL CONTROL FIRST TOUCH

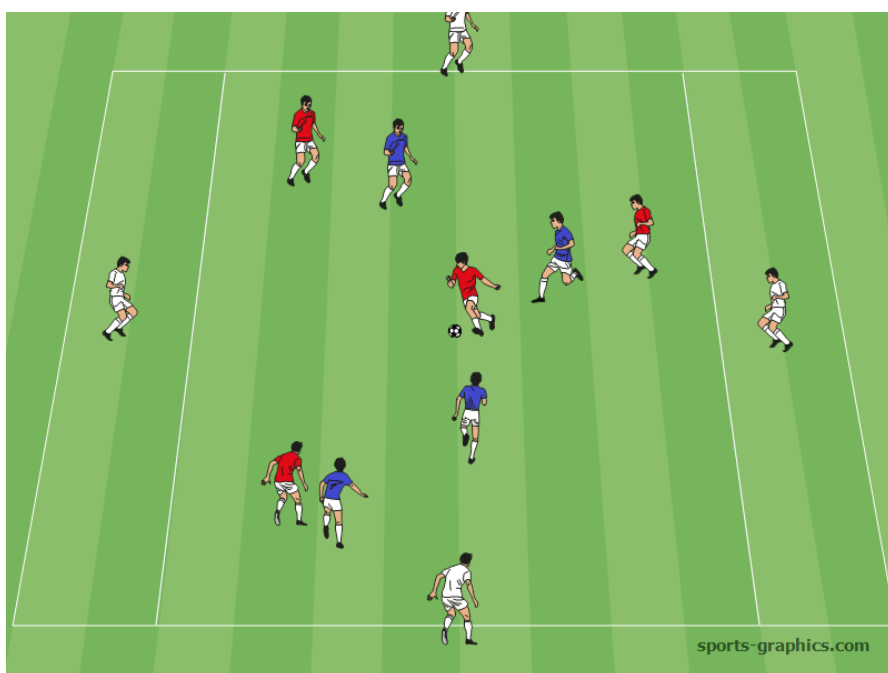
Develop ball control/receiving in a skill related practice

TECHNICAL

TACTICAL

Ball Control - Receiving

First Touch



Set up a 30x20 area.

Arrange two teams of four with four players positioned on the outside (two target players and two wingers).

The aim is for the team in possession to pass to any of the four outside players who collect the ball and throw back by hand to the same team.

A point is awarded when a receiving player inside the area controls the ball and makes a successful pass to another teammate.

Players on the outside should move up and down their designated side.

Change roles after a set period of time.

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.
- How to select the contact surface.
- Technical refinement of how to receive.
- Technical refinement of passing technique.

KEY FACTORS

- Early decision of controlling surface
- Head up
- Keep the ball moving
- Move in line of the ball
- Move the ball off straight lines
- Receive facing forwards when possible
- Technique - cushion/wedge

FOCUS AREAS

- Execution of the control - relax on impact.
- Good first touch using the appropriate surface to control the ball.
- Movement at an angle to receive.
- Pass execution.
- Team work and communication.

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