

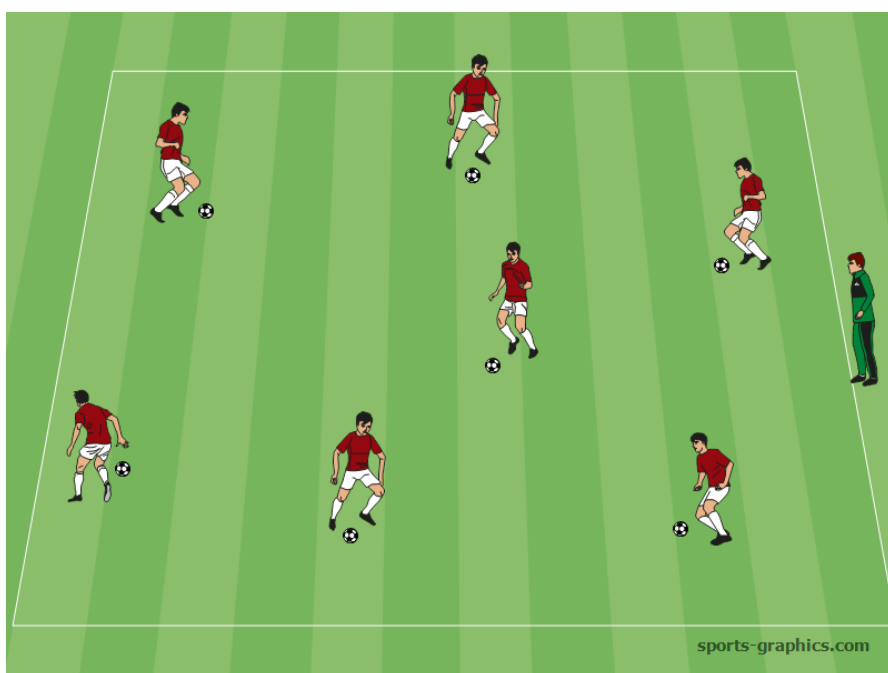
TAP TAP STEPOVER

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. Player taps the ball between the insides of each foot.

After 3 repetitions the foot is quickly moved around the ball from in to out before using the inside of the same foot to push the ball back to the opposite foot. The process is repeated with another 3 taps before using the other foot to 'mirror' the initial sequence.

The player builds a rhythm and makes the move continuous moving from right to left and back etc.

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.

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
- 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.
- 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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