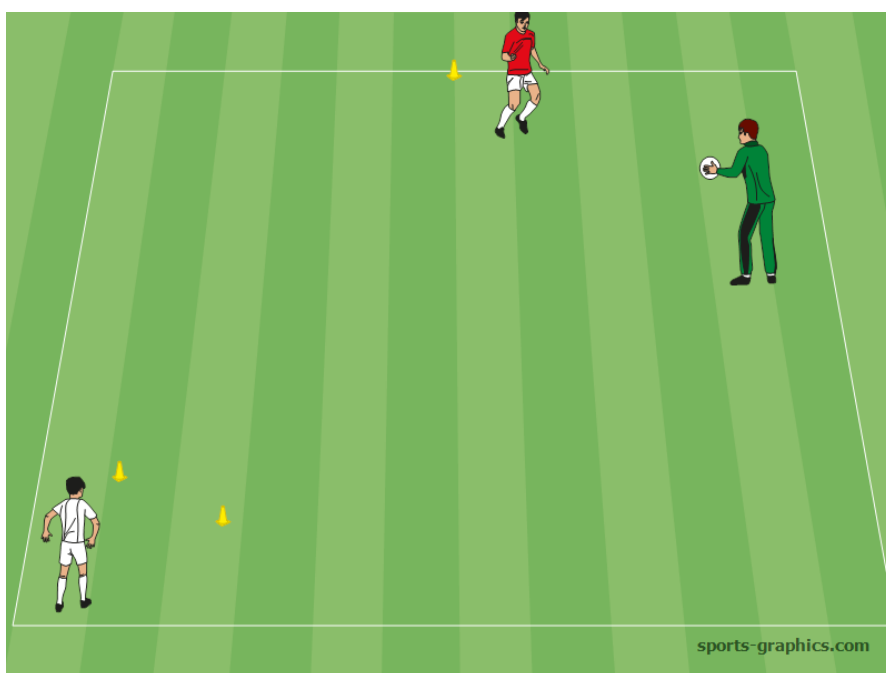


TOUCH CONTROL TO PLAY FORWARD

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Set up an appropriate playing area for two working players. Arrange a cone gate in front of the white player and one cone for the red player.

In this example, the coach is serving however players can work in threes. The quality of the service is crucial for practice success.

The server delivers the ball by hand with height on the throw.

The red player controls the ball with one foot and plays into their path before passing the ball with the opposite foot through the gate to the receiver (white).

The receiver takes a touch and plays the ball back to the server.

Repeat, ensuring players remain light on their feet and the ball control is of quality. If working in threes, ensure players swap

roles.

To increase the intensity, players can check towards their cone before carrying out the exercise.

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

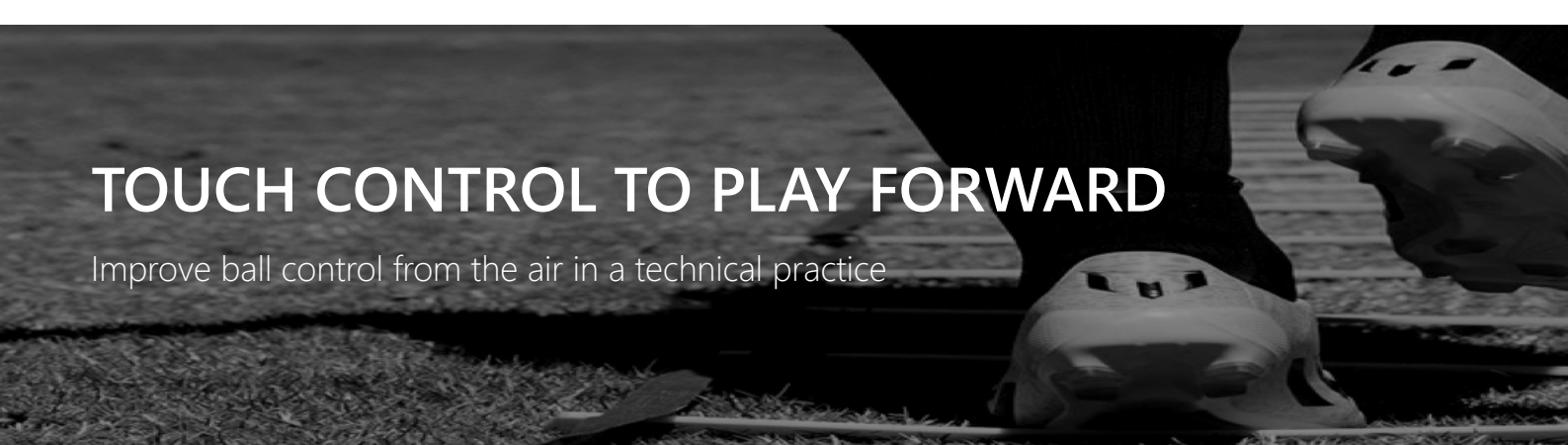
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

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).



TOUCH CONTROL TO PLAY FORWARD

Improve ball control from the air in a technical practice