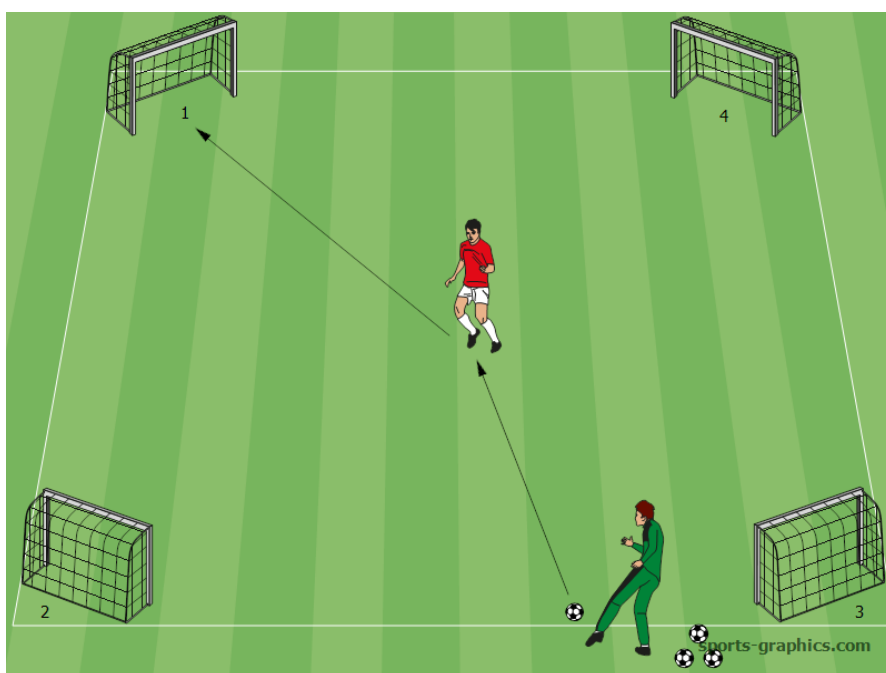


CONTROL TO FINISH IN SET GOAL

Improve ball control within a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Set up a 10x10 playing area or adjust if necessary.
Place a mini goal across each corner and give each goal a number 1 to 4.
Server or coach sets up with a supply of balls. The practice begins with the server playing a ball into the player and calling out a number.
The working player receives, takes a good first touch and strikes the ball using the laces into the nominated goal.
Continue until the player has attempted to score in all four goals.
Repeat ensuring the technique when receiving the ball is of quality.

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

- Improve first touch.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

- Communication
- Good first touch
- Good technique
- Head up
- Light on feet
- Move in line of the ball

FOCUS AREAS

- Be prepared to freeze play and point out key coaching points.
- Change angle on first touch to create and gain advantageous space.
- Demonstrate when necessary.
- End product.
- 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.
- Focus on how players create movement to receive the pass.
- 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).

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