

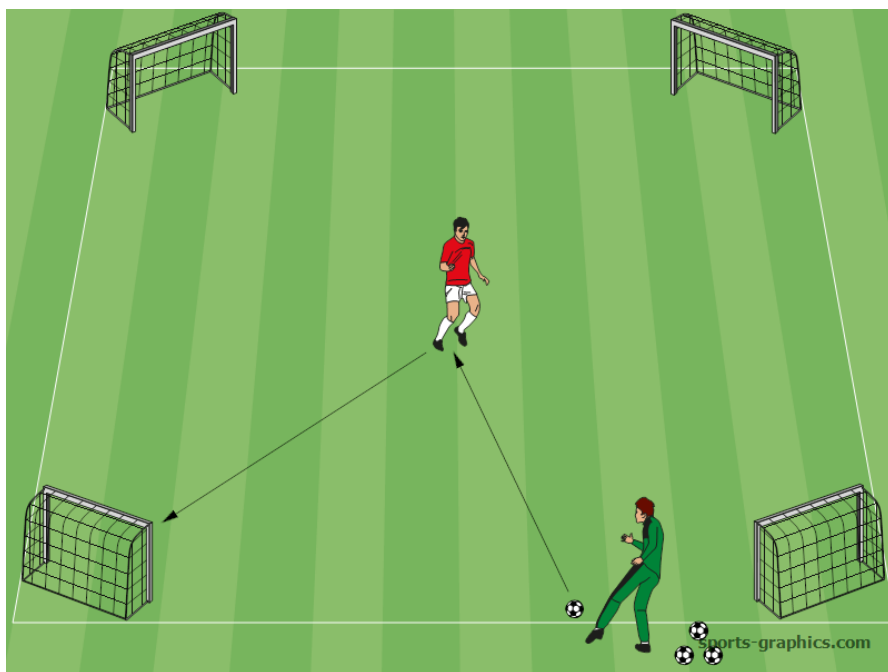
BALL CONTROL TO FINISH IN MINI GOALS

Improve ball control within a technical practice

TECHNICAL

Ball Control - Receiving

First Touch



Set up a 10x10 playing area with a mini goal across each corner.

Server/coach with a supply of balls sets up on the outside.

The practice starts with a ball played in from the coach/server who should vary the height and strength of pass into the player. Can throw or use feet to serve.

The working player receives, takes a good first touch and strikes the ball using the laces into a mini goal.

Continue until the player has attempted to score in all four goals.

Repeat. Ensure the player's 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

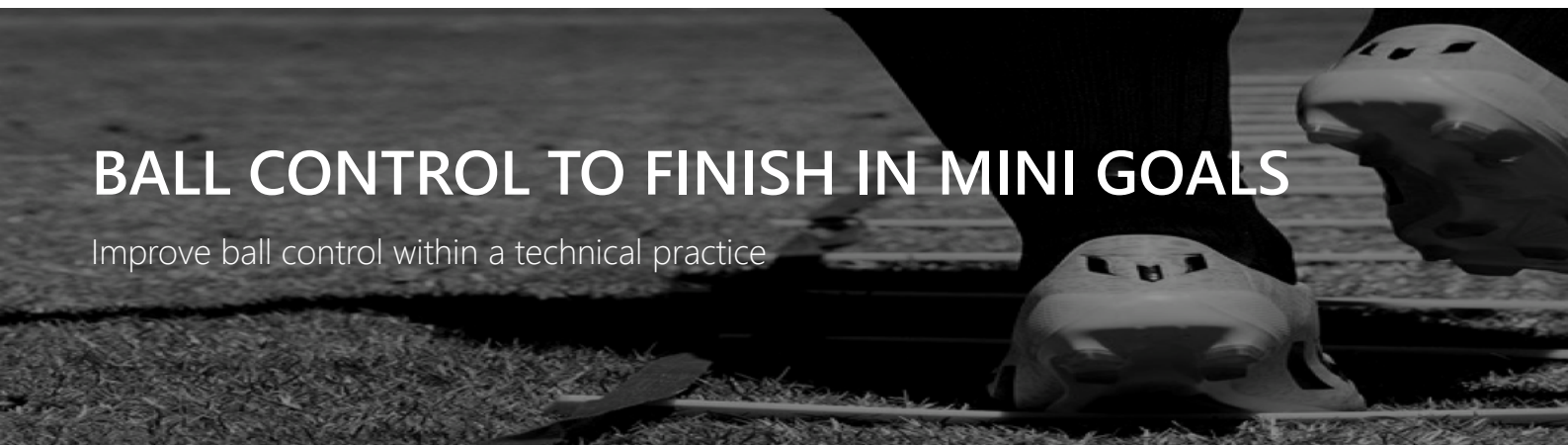
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

- Communication
- Early decision of controlling surface
- Head up
- Move in line of the ball
- Quality of pass
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- End product.
- Ensure players get their body shape in the right position ready to receive the ball.
- Ensure serves are of a good quality.
- Execution of the control - relax on impact.
- Good first touch using the appropriate surface to control the ball.



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