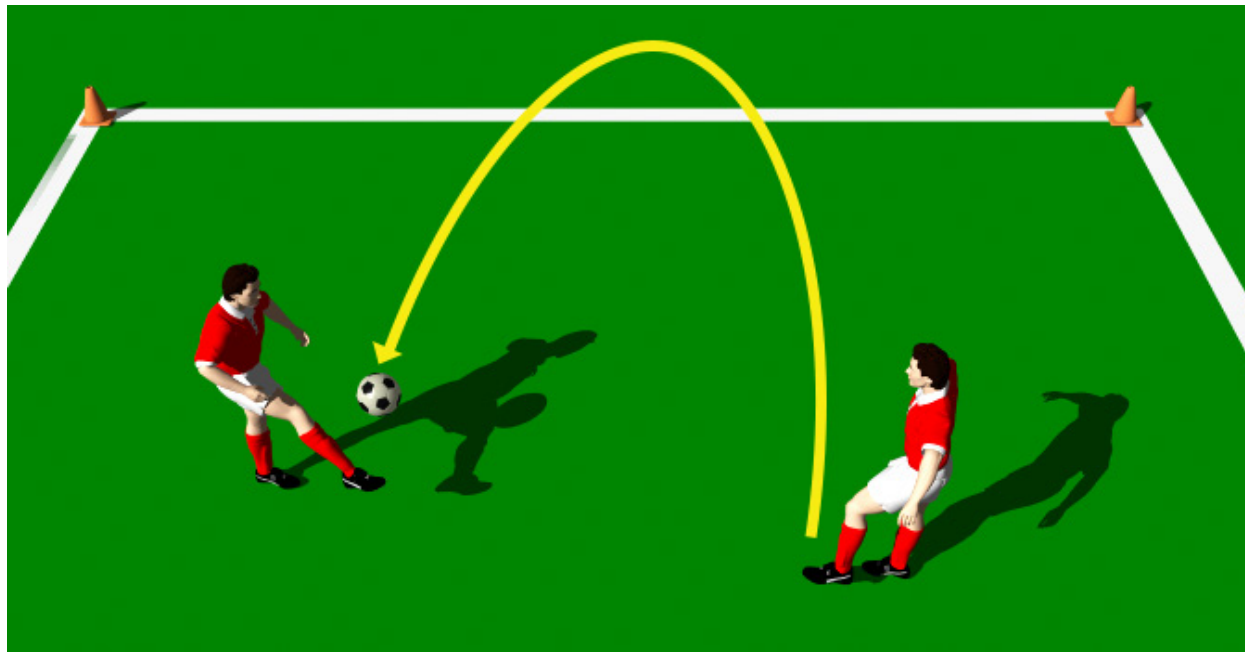


Ball Control Basics 1



Objective of the Practice:

This practice is designed to improve each player's Aerial Control technique with the ball.

Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. The players alternate receiving the ball from their partner. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh, chest, head or feet. After successfully controlling the ball the player must pass the ball back to their partner to control. The player receives a point for each successful control and pass back to the server.

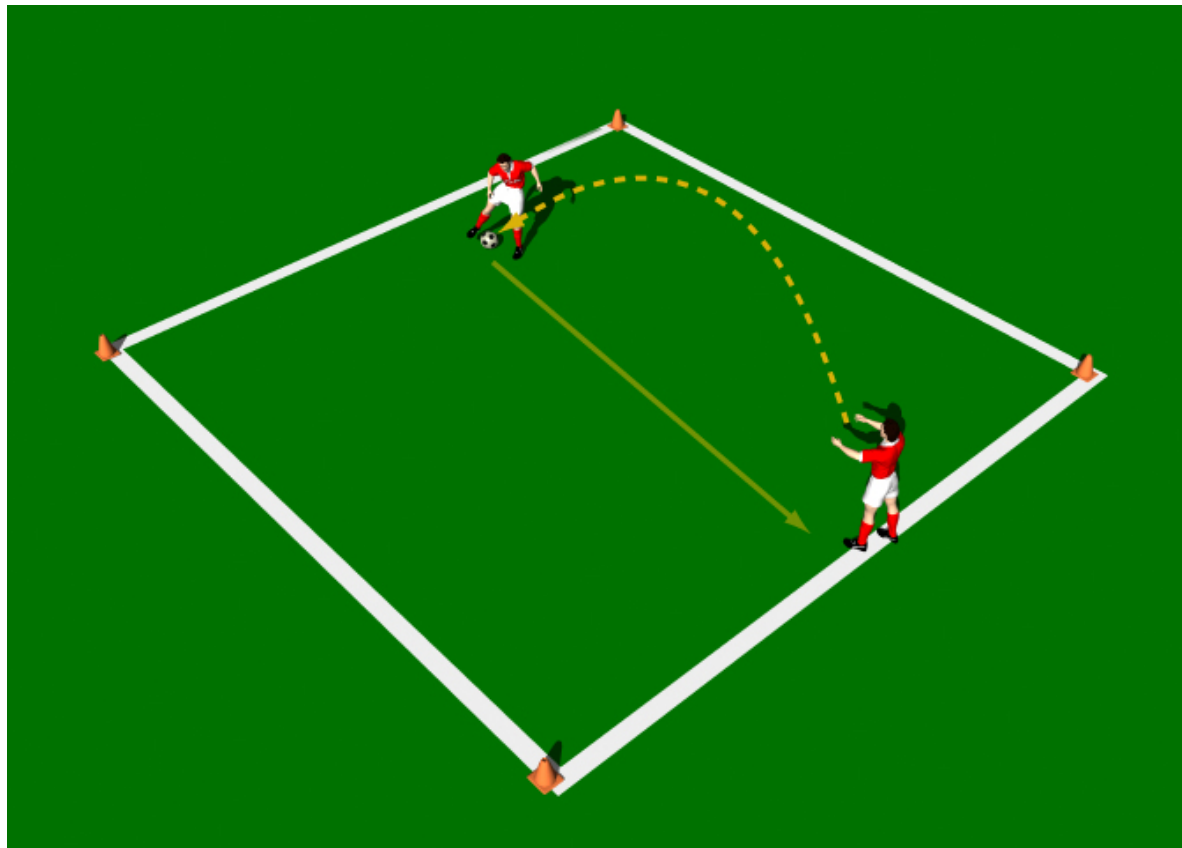
The coach should emphasize the following coaching points:

- Serve the ball high enough to make the practice challenging.
- Decide by the flight of the ball which surface of the body is to be used (foot, chest, thigh).
- The ankle of the controlling foot should be firm and not relaxed.
- Immediately on impact of the ball, withdraw the controlling surface.

Field Preparation:

Grid 10 x 10 yards. 2 players. Cones. 1 Ball.

Ball Control Basics 2



Objective of the Practice:

This practice is designed to improve each player's Wedge Control technique while turning with the ball.

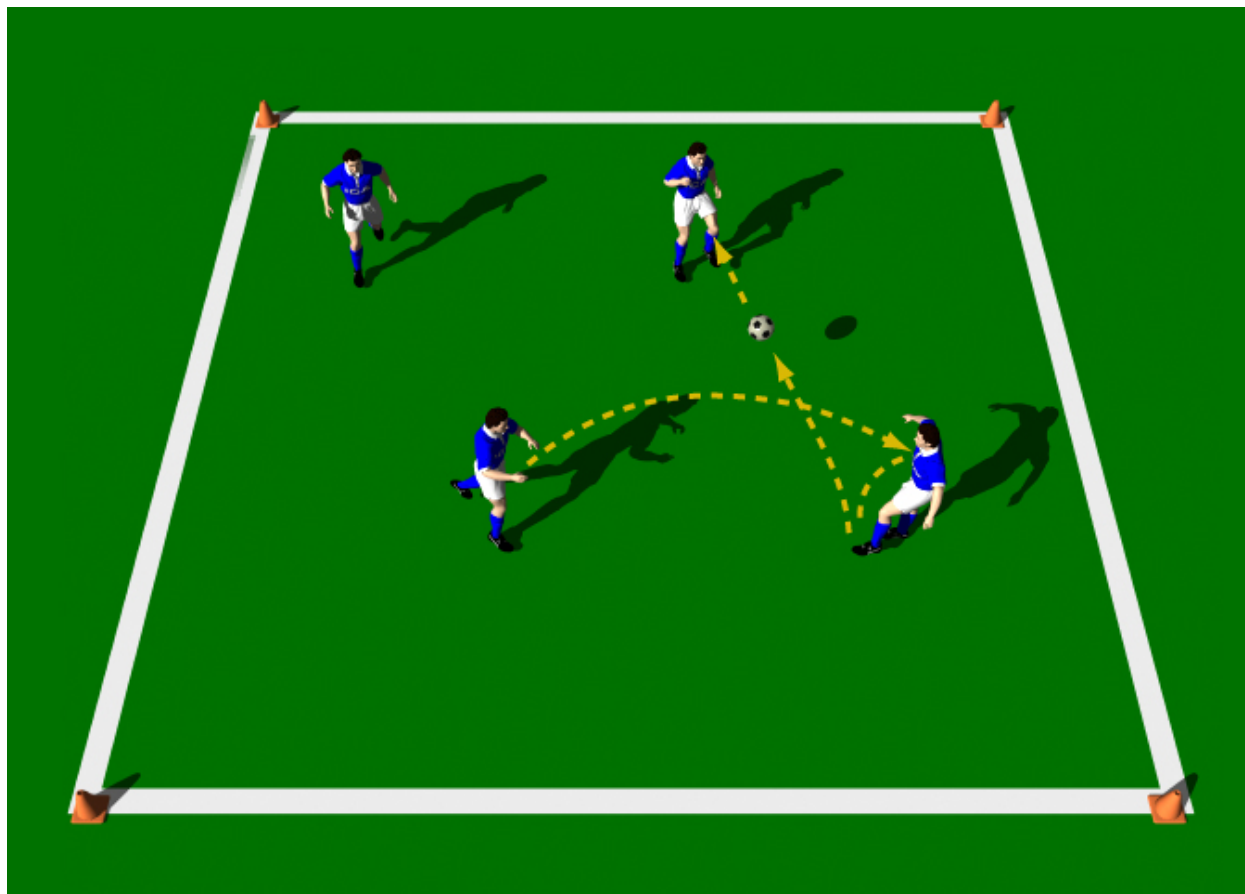
Coaching Points:

Two players are positioned in a grid 10 yards x 10 yards. The first player starts the practice by throwing a looped serve into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. His partner then repeats the practice. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Throw the ball high enough to make the practice challenging.
- Decide by the flight of the ball which surface of the foot is to be used in the wedge control (inside or outside of the foot).
- The ankle of the controlling foot should be firm and not relaxed.
- Immediately on impact, redirect the ball away from the body and into available space.
- Do not withdraw the ball into the body. The ball should be redirected, not cushioned.
- Get the ball out of the feet far enough to enable to run comfortably in the intended direction.
- As the player is redirecting the ball on impact, the head and upper body should be over the ball.
- Get the head up and scan the play as the ball is directed out of the feet.

Ball Control Basics 3



Objective of the Practice:

This exercise is great for improving each player ball control. Emphasis is placed on cushion control using the head, chest, thighs and feet.

Coaching Points:

Four players are inside the square using one ball. The practice starts with the first player serving the ball with two hands to another player. The receiving player must control the ball using his head, chest, thighs or feet and volley for another player to catch. This sequence is repeated during the exercise.

Focus On:

- Be constantly moving, light on your feet.
- Good first touch, soft cushion.
- Communication.

Field Preparation: 4 Players, 10 x 10 Yards, Supply of Balls and Cones