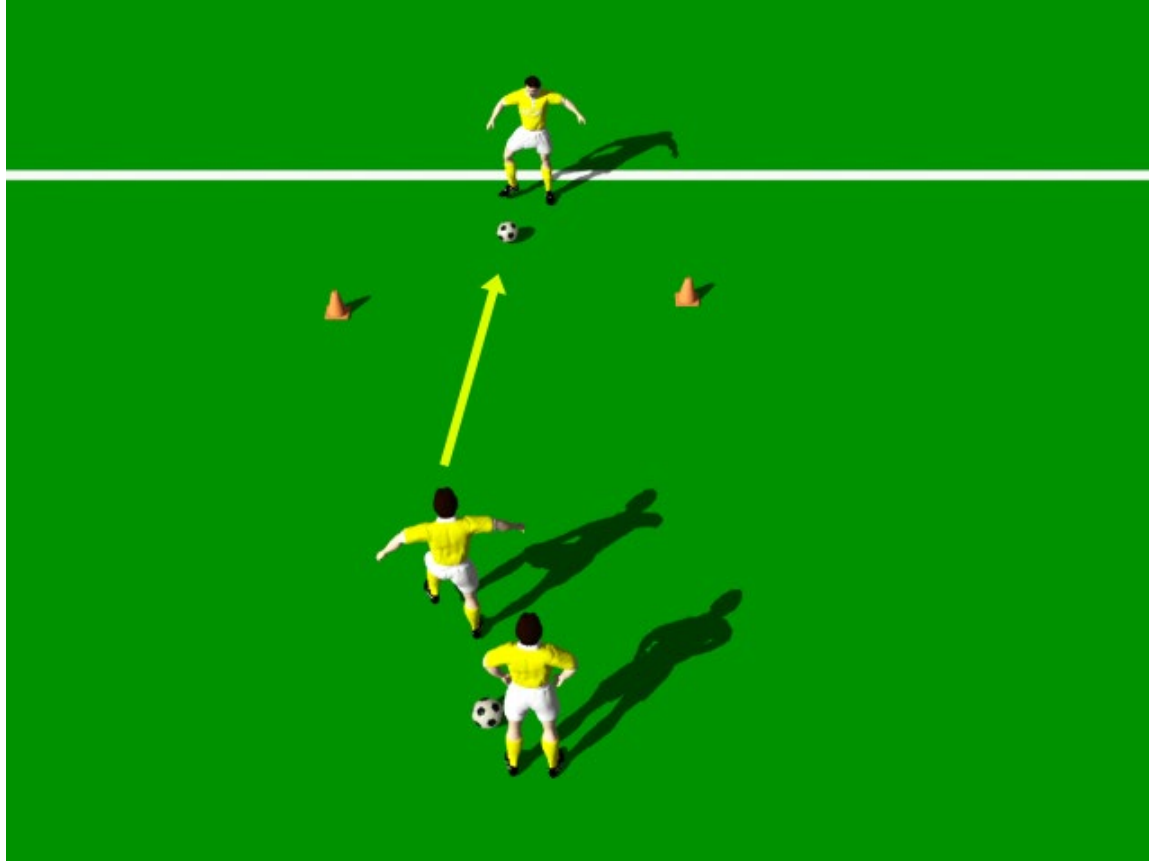


## Ball Control Pressure Training



### **Exercise Objectives:**

This warm up is designed to improve a player's ball control.

### **Coaching Pointers:**

Two players alternate serving passes to the receiving player. The receiving player must attempt to control the ball without it bouncing past the cones in front of them. Rotate receiving players every few minutes.

### **The Cushion Control vs Wedge Control**

A player will normally select to use the cushion control when time and space are available. On making contact with the ball, the player will immediately withdraw the controlling surface of the head, chest, thigh or feet. This will take away from the power of the ball and act as a cushioning effect. The muscles in the body should be relaxed, thus making them soft for better surface to cushion the ball.

A player should select the wedge control when time and space is limited. On making contact with the ball, the player will immediately push out and redirect the ball using the head, chest, thighs or feet. The muscles in the controlling surface should be tense and hard, thus making a better surface for the ball to redirect from.