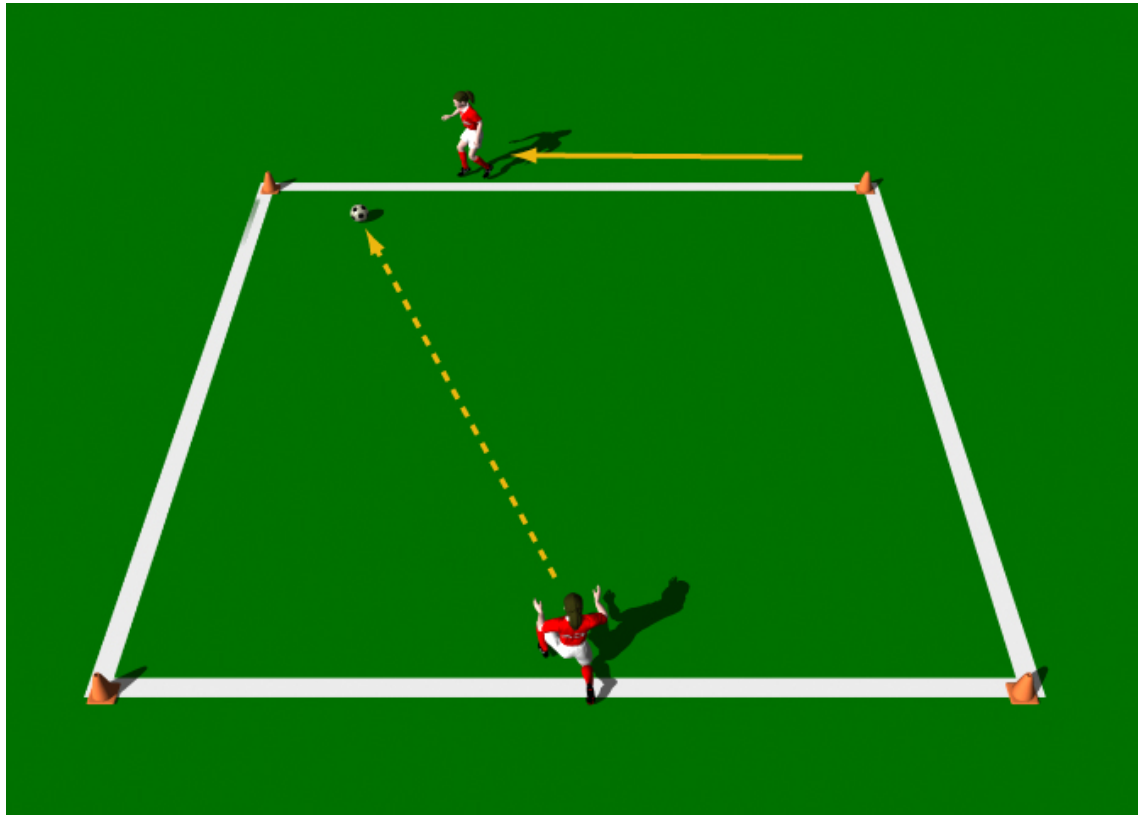


Getting Behind the Ball



Objective of the Practice:

This practice is designed to improve each player's ability in "ball control". The emphasis is placed on getting behind the flight of the ball early, so the player is composed and comfortable when controlling the ball.

Coaching Points:

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner. The speed of the service should be increased gradually. Ensure that the ball is not rolled too close to the receiving player. Have the server aim for the inside of the cones.

The earlier the player gets behind the flight of the ball, the more time that player will have to control it. Swap roles so each performs the drills.

Field Preparation:

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