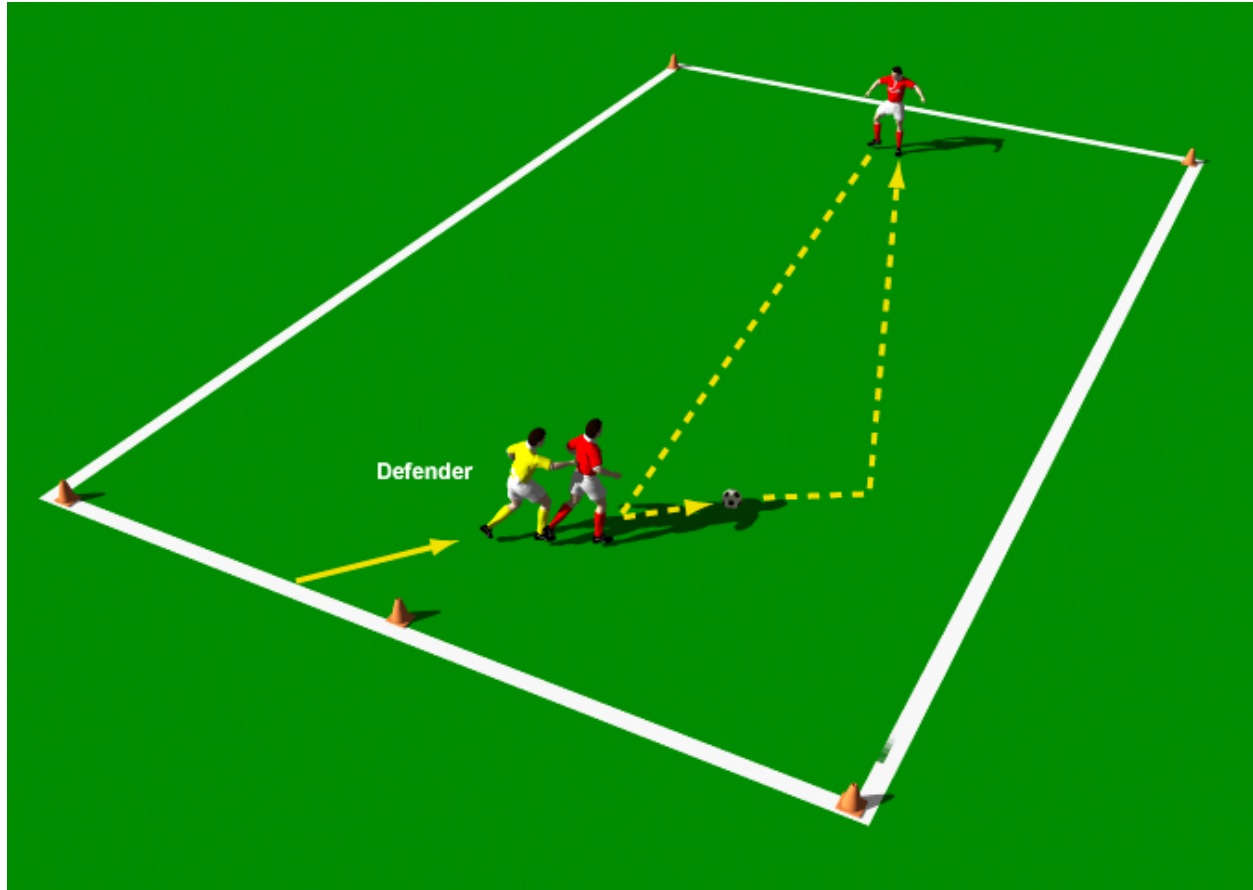


Wedge Control Basics – The “First Touch”



Objective of the Practice:

This practice is designed to improve each player's ability to master the Wedge Control technique while under pressure.

Coaching Points:

Three players per grid, using one ball. The grid should be 10 yards x 20 yards. Two players are positioned at one side of the grid facing the server. The first player runs towards the server and receives a pass into feet. The second player follows the receiver and defends behind him. The first player must redirect the ball out of their feet on their first touch and pass the ball back to the server on their second touch. After passing the ball both players return to their starting position and reverse roles. The practice is repeated with the next player. The speed of the practice should be increased gradually.

The coach should emphasize the following coaching points:

- Demand the ball from the server. Call for the pass.
- Redirect the ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to pass comfortably on the second touch.
- Get the head up and scan the play as the ball is directed out of the feet.
- Defender must be passive at first, then gradually increase pressure on the receiver.

Field Preparation: Grid 10 x 20 yards. 3 players. Cones. 1 Ball.