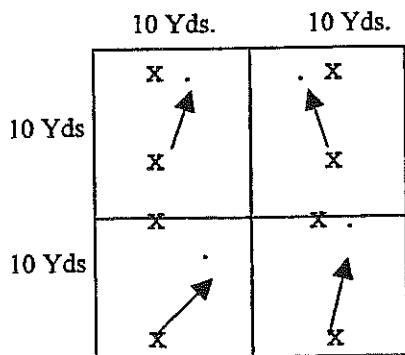


FUNDAMENTAL:



PAIR CONTROL

ORGANIZATION:

- Players in pairs
- One ball between two
- Pass the ball into space to make partner move behind the ball

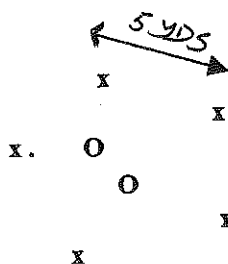
COACHING POINTS:

- Get behind the ball
- Decide early which control surface you will use
- Keep eyes on ball
- Relax the controlling surface or wedge the ball
- Use the first touch to get the ball out of your feet so that you can look up to decide next move

PROGRESSION:

- Throw ball to partner in air or bouncing. Controlling surface will be thigh, chest, or head

MATCH RELATED:

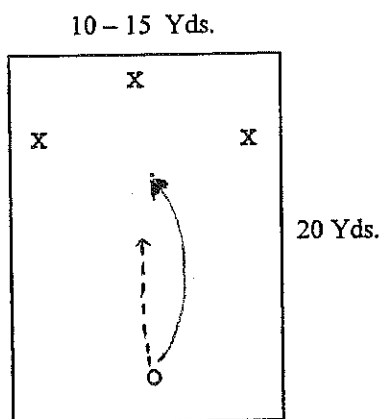


PIGGY IN A CIRCLE

ORGANIZATION:

- Groups of 7 with one ball in a circle
- Six attackers vs one defender in the middle of the circle
- Ball is controlled and passed in the circle
- Two defenders try to intercept, or push outside circle
- If a defender intercepts, he changes position with the attacker who made the mistake
- The same if ball goes outside the circle
- Progress to 2 defenders against 5 attackers

MATCH CONDITION:



3 Vs 1 TO LINE

ORGANIZATION:

- Defender passes ball to one of the 3 attackers and then moves forward to defend.
- Attackers control ball and then pass between them to try to cross the far line.
- Whoever loses the ball becomes the defender. Repeat the process.
- Progress to 2 defenders against 3 attackers.

Finish with a scrimmage. Coaching points same as above. Add the condition that players must touch the ball at least two times before they can pass it on. This will force them to concentrate on the quality of their first touch.

COACHING POINTS:

- Moves towards the ball
- Don't stop the ball dead but rather push it into space about 1yd. ahead of your body.
- First touch away from pressure.
- Wide players should open body to face field.