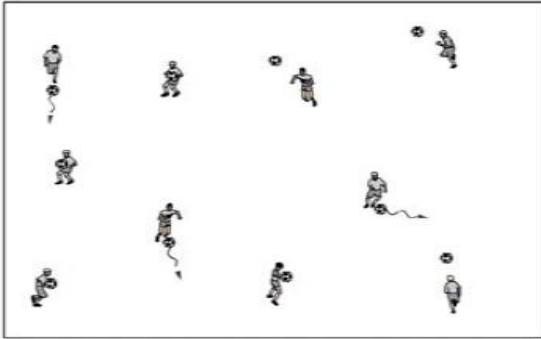


**Warm Up**



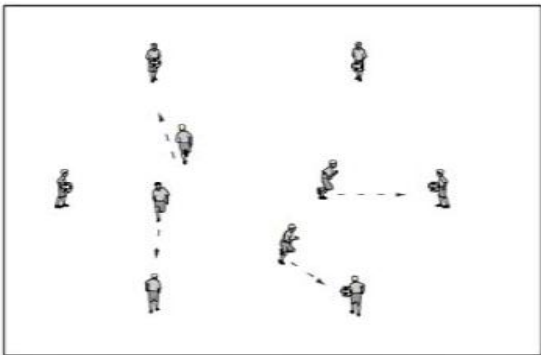
**Organization**

- All players with ball dribbling in training area
- On coaches command players pick up and toss the ball in the air and receive the ball with different parts of their body e.g. head, thigh, foot
- Variations – 1) Pick the ball up with feet only. 2) Follow what the coach does

**Key Coaching Points**

- **Change of speed to meet pass**
- **On your toes to receive the ball**
- **Cushion the first touch**
- **Communication**
- **Eye contact between passer and receiver**

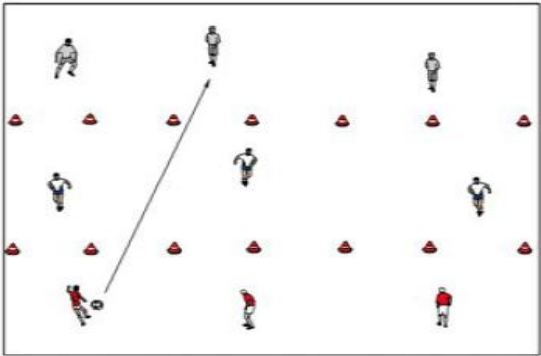
**Small Group Activity**



- Six servers on the outside with a ball in their hands. Remaining players inside the circle
- Inside players check to receive a ball from the outside players and then plays the ball back to the feeding player
- Outside players feed the balls in the air to work on receiving with the following services: chest, thigh, head, feet (ball out of the air with laces, inside, outside)
- After each receive , players check back to the middle
- Rotate inside and outside players regularly

- First touch sets up your second touch.
- Ball should come down no farther than a "legs length" away

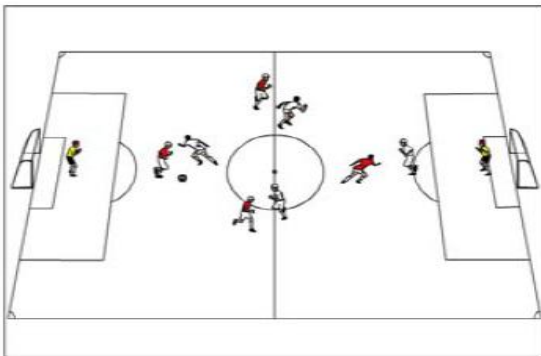
**Large Group Activity – Zones**



- 30 x 20 training area. Divide the area into thirds
- Form three teams of three. Two teams in the final thirds of the area try to score against the team in the middle third
- A point is scored against the team in the middle third when a ball is played over or through their third in the air, to one of the players in the opposite final third
- The receiving player must take the ball out of the air, no bounce, and then pass to a teammate in less than two touches
- If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third

- Keep your eye on the ball
- Maintain body balance

**The Game**



- 4 v 4 or 5 v 5 + Keepers

