



“Making friends with the ball”

A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

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11. CONTROL - THE BOUNCING BALL

THE CHALLENGE :

10 attempts in succession

Recommended distance: Level 1 - Beginners, Level 2 - 4 metres, Level 3 - 6 metres, Level 4 - 8 metres, Level 5 - 10 metres.

Reasons for learning this skill

In most situations the first to the ball wins the ball. The ball however will not always sit up for the player and he/she will need to use their body to advantage. The skill may be used all over the field. The more difficult ball is the one that bounces in front of the player which is best cushioned by the body and brought under control with the second touch on the ground by the foot. It is far better to control a ball when it comes into the proximity of the player, irrespective of the difficulty, rather than to let it pass unattended. The task is made more difficult if an opponent is also fighting for the ball. Practising this skill will eradicate the fear that some players have of the ball hitting them particularly in the mid body area e.g. the stomach. It will also illustrate the importance of getting the body behind the ball and its flight.

Organisation by coach or parent

N.B. To avoid injury, players should warm up and stretch properly, before starting any exercises.

Two players, one size 3 ball, 2 cones, one tape measure.

Task to practice - the challenge

Control (within 1 pace), a bouncing ball (one bounce), on the chest area, thrown at medium pace and pass back to server, positioned at a set distance (metres) - repeat 10 times.

Coaching hints - things to look for

When receiving the ball:

- position in the line with the movement of the ball as quickly as possible;
- decide which part of the body should be used;
- adopt a relaxed and balanced position before the receiving surface is exposed to the ball;
- withdraw the receiving surface when the ball makes contact so the ball can be cushioned onto the receiving part of the body and will fall to the player's feet;
- angle receiving surface so as to play an advantage for the next action;
- the eyes are focused on the ball throughout.

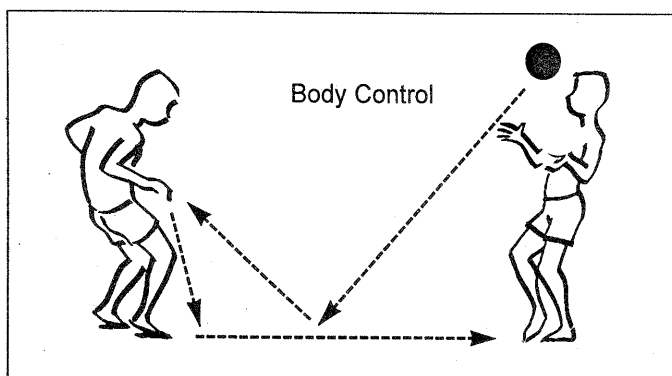
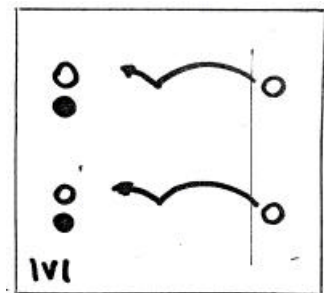
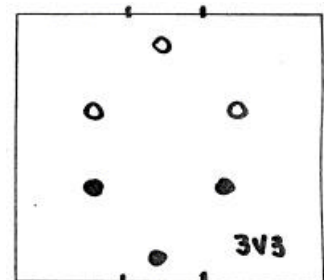
Additional skills practice

- Throw-ins - ball back to the thrower

another. Introduce a defender with competition for the ball. Use different coloured bibs for the teams.

A COACH'S PERSPECTIVE

“When the teams wins, everyone takes a share of the credit. When the team loses it's the same way.”



Progressive training practice

Set up a small game where throw-ins are coached and bouncing balls encouraged.

Set up a grid where players provide bouncing ball service to one

