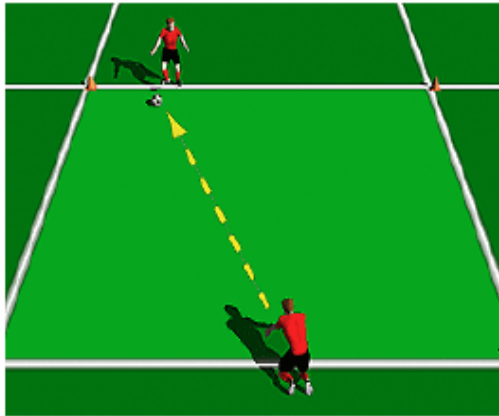


Getting Behind the Flight of the Ball

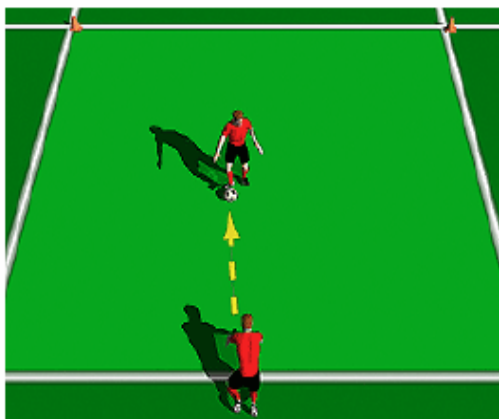


Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the 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.

Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones

Cushion Control using the inside of the Foot



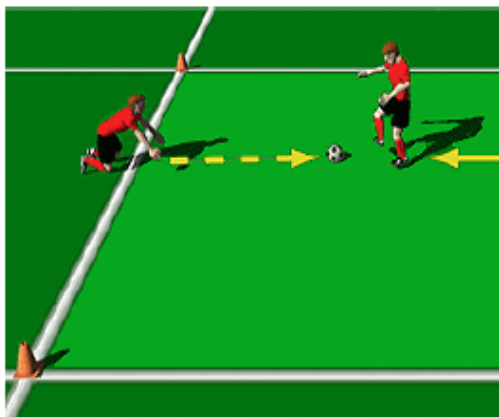
This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball.

On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server. Players can keep score, one point for every successful control.

Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones

Cushion Control using the Foot Running



This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball.

On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server. Players can keep score, one point for every successful control.

Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones