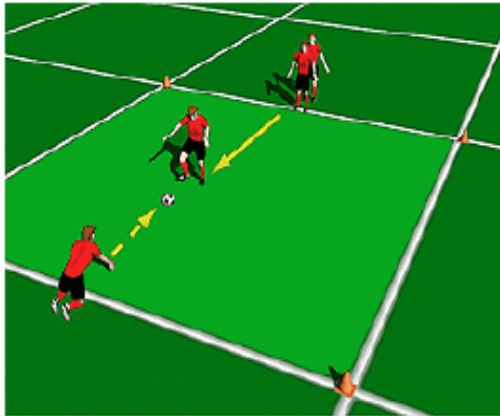


### Small Group Relay Cushion Foot



This practice is structured to improve the technical ability of the "Cushion Control using the Feet".

A small group of players are positioned in a grid 10 yards x 10 yards. The server rolls the ball along the ground to the receiving players. Players alternate receiving the ball from the server. The receiving player must control the ball using the inside of the foot. After successfully controlling the ball the player must pass the ball back to the server, turn and join the end of the line. The player receives a point for each successful control and pass back to the server. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

**Small group of players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones**

### Cushion Control using the Top of the Foot

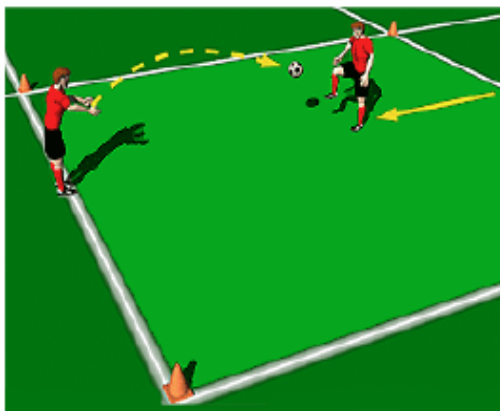


Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe.

The player controlling the ball should get the controlling foot under 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 down to the ground. The player then serves the ball for his partner. Ensure that the serve is a "looped" serve and not shallow. 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 Top of the Foot Running



Two players are positioned in a grid 10 yards x 10 yards. The server throws a looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the ball.

The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

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