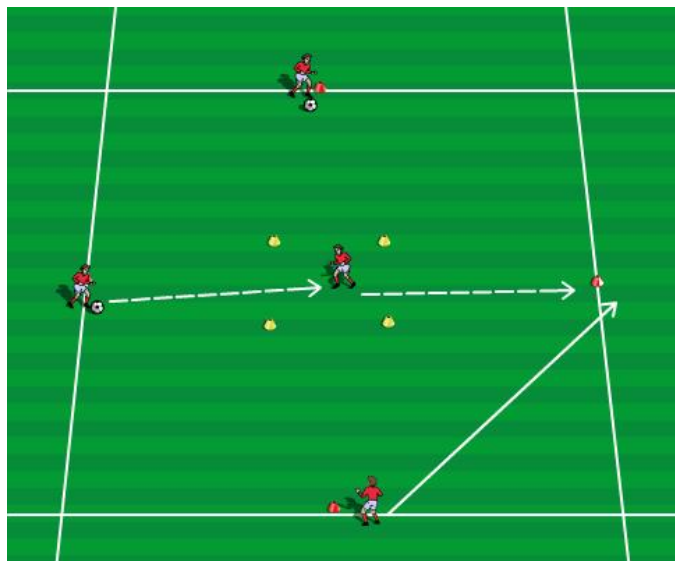




Curriculum – Technical / Skill

Activity # - 748

Topic:	Control	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Improving first touch and awareness		



Organization:

1. 10 x 10 yard area with a 2 x 2 yard square centrally, set up as shown
2. 4 player, set up as shown
3. 2 balls

Instructions:

1. Two players on the outside each have a ball
2. One player works as the receiving player in the central square
3. The outside players must pass the ball into the receiver who must take one touch and then pass the ball off to the player without the ball
4. The receiving player can only operate inside the central square
5. Rotate the receiving player after a set time interval

Coaching Points:

1. Use all space you have
2. Prepare the ball in the direction you wish to play to next
3. Use the nearest surface of the nearest foot to play quickly

Progression/Regression:

1. P – Players on the outside can move to any open side
2. P – Servers now throw the ball into the receiver
3. R – Make the central area bigger – 5 x 5 yards