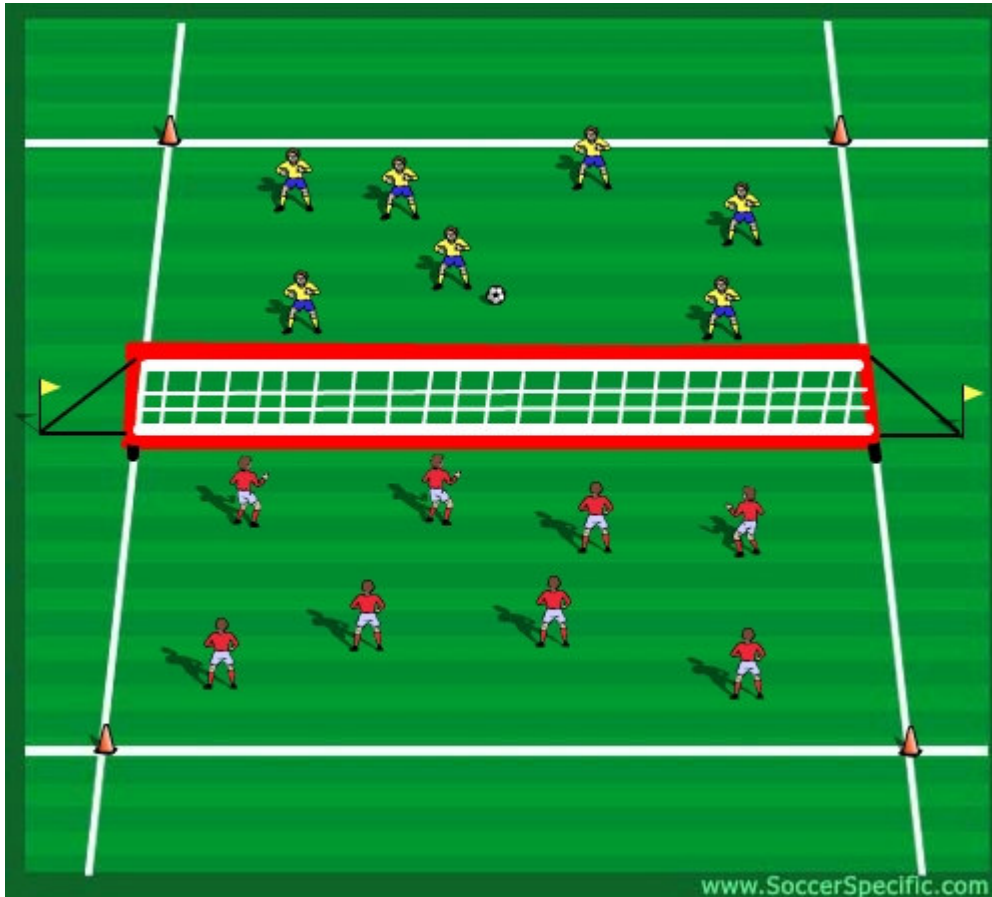


Soccer Tennis

Emphasis: To develop a players skill level.



Set-up:

Utilize the center circle and throw down players bags along the straight line. Pile them on top of each other to add some height. Make sure to cone off both sides equally if you don't have lines.

Objective:

Ball must clear the line/net/bags/ or cones in the air. To develop all aspects of juggling and heading.

Progression:

1. A player begins the game by serving the ball over the net, bags, cones or line. Play continues back and forth until one team messes up.
2. Teams serve out of their hands. All serves must be user friendly instead of driven.
3. Players are allowed one bounce per side.
4. Coach must limit the number of touch restriction available per player.
5. Coach must limit the number of touch restrictions per side. Example do all players have to touch the ball or can it be one?

Coaching Points:

- Soften the surface area as you receive the ball
- Communication amongst players
- Work as a team
- Visual tracking of the ball
- Concentration on ball contact made