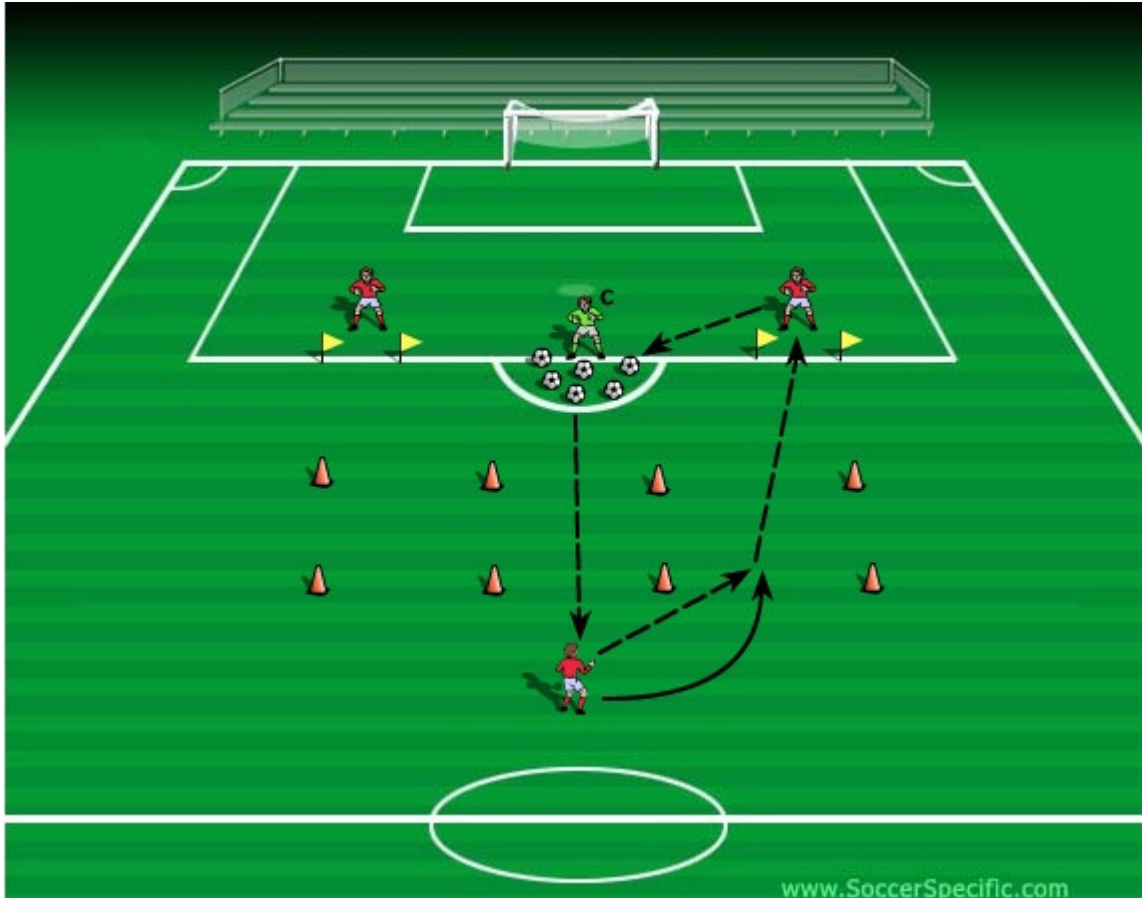


Control And Strike

Emphasis: Receiving and passing



Set-up:

Place two 10x10 yard grids five yards apart from each other.

Place two 6 foot goals, five yards behind each of the two grids. The passer (player 1) stands in the middle of the two grids and slightly behind the two goals.

The receiver (player 2) stands roughly 20 yards from the passer (player 1), in the middle of the two grids. Two retrievers (players 3 and 4) are placed behind each of the goals.

Place a group of balls with

Objective:

The server (1) strikes the ball to the receiver (2) who takes a preparation touch into the grid and then passes the ball through the goal and to the retriever (3 or 4). The retriever then passes the ball to the server. Alternate sides, and after completing ten successful repetitions, change the roles of the players. Always try and use a maximum of two touches.

Progression:

1. Receive with the outside of the foot, and pass with the inside of the same foot.
2. Receive with the inside of the foot, and cut the ball across the body and pass with the opposite foot.
3. Must use the in step (laces) to pass the ball through the goals and to the retrievers.

Coaching Points:

- The preparation touch must be out and at a 45 degree angle.
- Ask for the ball every time.
- Accuracy and then power.

the server
(1).