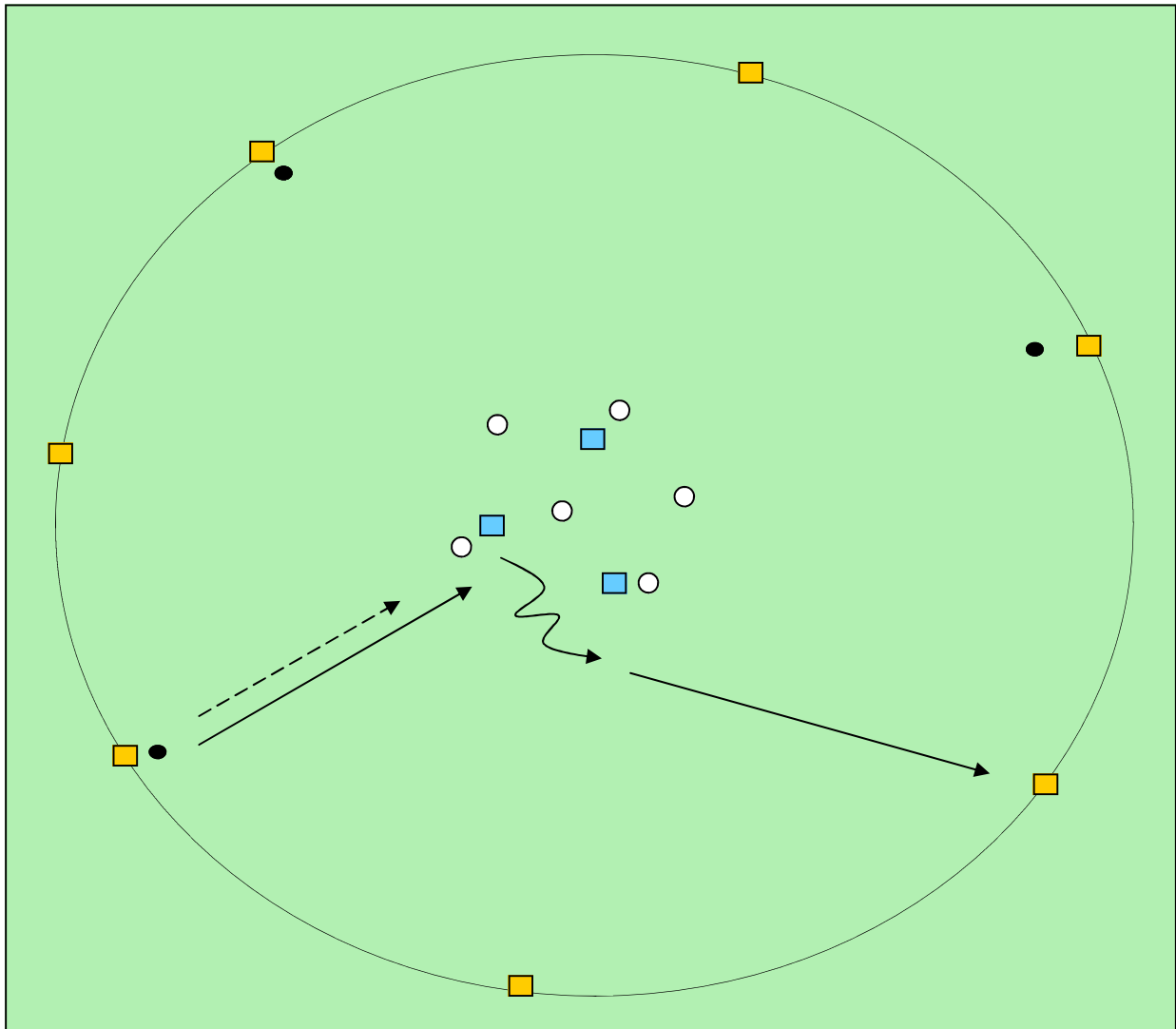




Control (Technique)

3 players start in the centre of the area, the rest of the players spread around the outside.

To start ball is passed into one of the players in the middle, who has look to find some space for themselves, the server then goes into the middle.

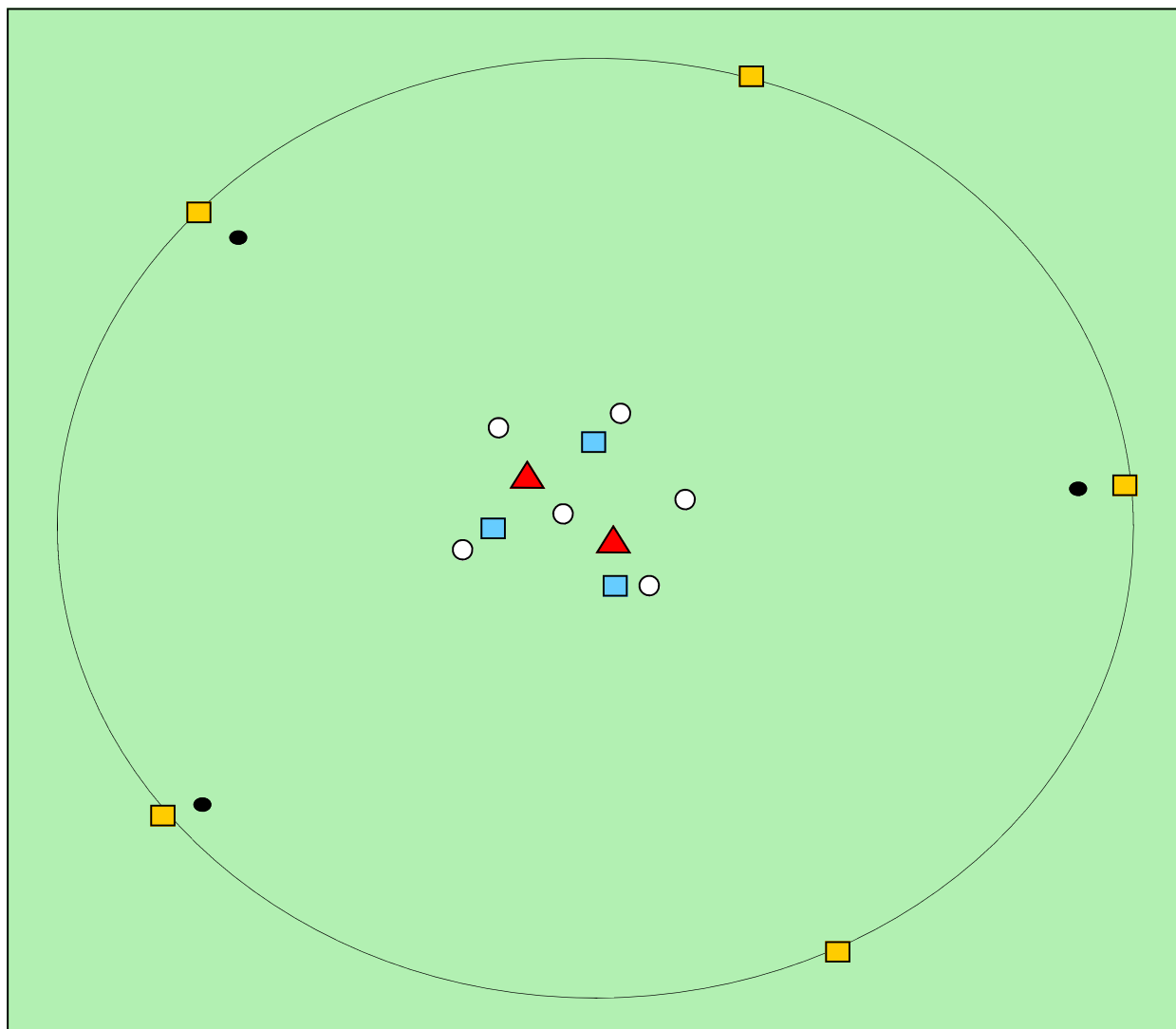
On receiving the ball the central players then look to play out to someone on the outside.

Players receiving the ball need to think of the aspects of control :- Get into line with the ball - Awareness of space - Selection of surface - Controlling for a purpose.

Try to get the players using inside and outside of both feet, experimenting on their control.

Progression: Servers have the ball in their hands and serve in the ball in the air, so the players have to use different surfaces to control. Then play out as before.

Progression: For a bit of added pressure, after the servers throw the ball in they then apply pressure on the player receiving.



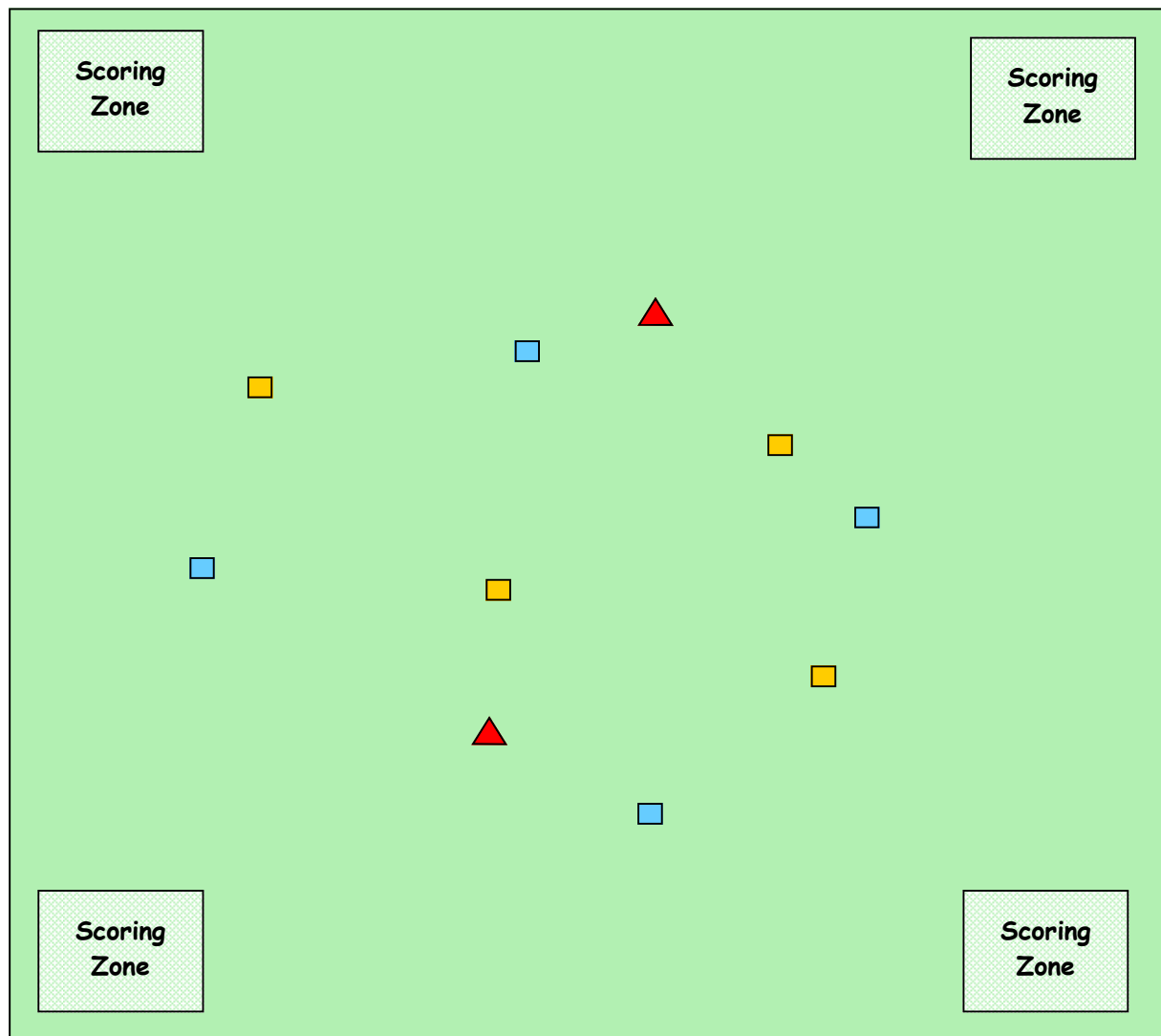
Control (Skill)

In this progression of the themed practice the set up is the same apart from the addition of two defenders.

The defenders are looking to apply some pressure to one of the receiving players, however you do not want them to be making full challenges, just passive.

What we are looking at in this practice is whether the players technique remains consistent with the added pressure. Obviously players need to be given the time to adapt to the difference.

As with the technique practice work on both ground and aerial control.



Control (Small-sided game)

In this small-sided game (4v4) + 2 floating players, we are looking to see if the players can take what they have worked on in the Technique and Skill practices into the game.

The floating players play for the team in possession, which will create a 6v4 situation for whoever has the ball.

To score the team in possession must pass to a player who has made a run into one of the corner areas (scoring zone).

All of the relevant factors still apply:- Get into line with the ball - Awareness of space
- Selection of surface - Controlling for a purpose.