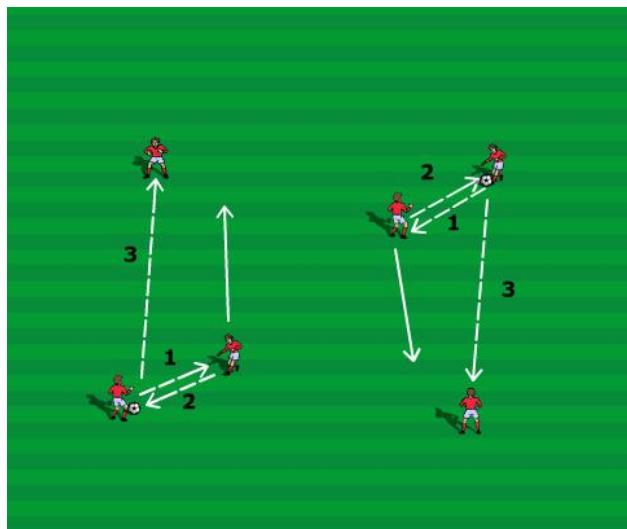




Curriculum – Technical / Skill

Activity # - 702

Topic:	Control	Age:	10 to 12
Section:	Warm up	Ability Level:	Travel
Learning Outcome(s):	Getting into line with the ball and selecting a surface to control		



Organization:

1. Open working area set up as shown
2. 6 players set up as shown
3. 2 balls

Instructions:

1. The sequence is a short, short, long pass
2. Each player is assigned a role, setter, feeder or target
3. The first pass is made by the feeder into the setting player who passes the ball back to the feeding player, the feeding player then plays a longer pass (around 20 yards or more) to the target player
4. The setter then runs towards the target player and the sequence is repeated
5. The target player now becomes the new feeding player and visa versa
6. Target players must look to control the ball quickly and pass into the setting player at the earliest opportunity
7. Rotate the setting players so that they have the opportunity to control the ball

Coaching Points:

1. Getting into line with the ball
2. Assess the flight as ball travels
3. Select appropriate surface
4. Withdraw surface at impact

Progression/Regression:

1. P – Increase the passing distance
2. P – Limit players to two touches
3. R – Make the long pass a throw if players are struggling technically
4. R – Reduce the distance of the longer pass