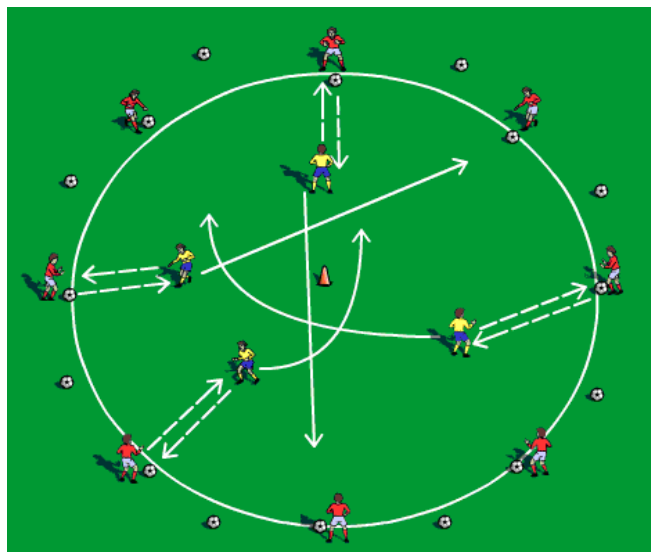




Curriculum – Technical / Skill

Activity # - 707

Topic:	Control	Age:	All Ages
Section:	Warm up	Ability Level:	All Levels
Learning Outcome(s):	Learning to control the ball from various angles and heights		



Organization:

1. Size of the center circle set up as shown
2. 12 players (8 Servers, 4 Receivers) set up as shown
3. 8 balls (Additional around the outside)

Instructions:

1. Players on the outside of the circle start with the ball and ask for a wall pass from players inside the circle
2. Ask the players to receive the ball with the inside part of the foot
3. Once they make a wall pass, run as close as they can to the center cone and find a new partner to make a wall pass

Coaching Points:

1. Get in line with the ball
2. Select appropriate surface, Inside, Outside, Thigh, Chest, Head
3. Withdraw surface on impact
4. Arms out for balance and to feel for defenders

Progression/Regression:

1. P – Vary the serve to make controlling more difficult
2. P – Add pressure by adding defenders