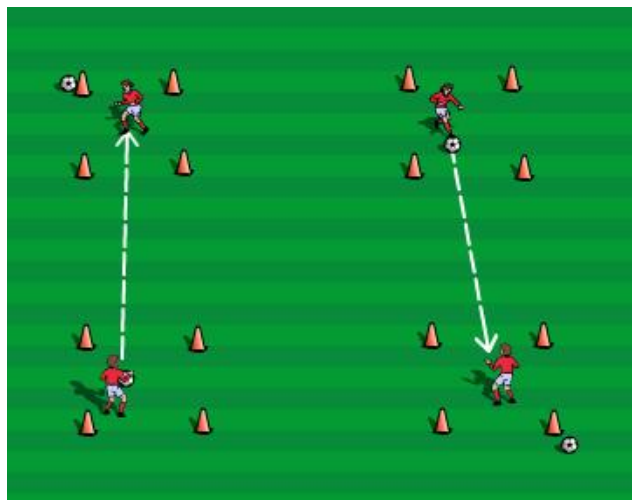




Curriculum – Technical / Skill

Activity # - 719

Topic:	Control	Age:	7 to 9
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Getting into line with the ball		



Organization:

1. 10 x 20 yard area with 2 x 5 yard area either end, set up as shown
2. Players work in teams
3. One ball per team

Instructions:

1. Players must look to loft the ball into their partner's area
2. Their partner must attempt to control the ball without leaving their area
3. If they are successful they score, if the ball leaves the area they don't score
4. Play for a set time limit then rotate the players

Coaching Points:

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

Progression/Regression:

1. P – Increase service distance
2. P – Reduce controlling area
3. R – Reduce service distance
4. R – Make the service a throw if players are struggling with the lofted pass