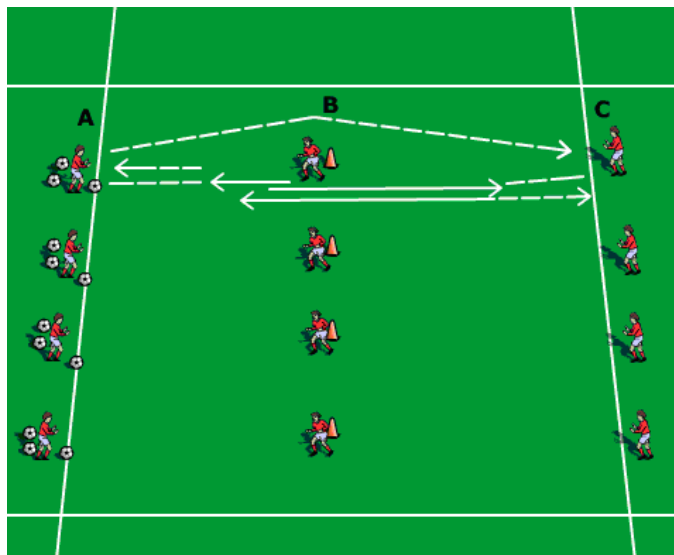




Curriculum – Technical / Skill

Activity # - 730

<b>Topic:</b>	Control	<b>Age:</b>	10 to 12
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	Travel
<b>Learning Outcome(s):</b>	Learning to control the ball from various angles and height		



**Organization:**

1. 40 x 30 yard area set up as shown
2. 12 players set up as shown
3. 4 balls (Additional around the outside)

**Instructions:**

1. The distance between player A to B is 15 yards, B to C 15 yards
2. Player A plays a ball to player B for a wall pass. Player B then turns and heads towards player C
3. Player A then plays a ball to player C, who receives the ball and plays to player B for a wall pass
4. Player B then turns and heads back towards player A while Player C plays a ball to player A
5. Time limit of 1-2 minutes

**Coaching Points:**

1. Get in line with the ball
2. Assess the flight of the ball as it travels
3. Select appropriate surface
4. Withdraw surface on impact

**Progression/Regression:**

1. P - Lofted Pass, Chip Pass, Swerve – Outside, Inside (refer to manual)
2. P - Challenge player to receive with different parts of the body, thigh, chest, head
3. R - Increase distance