

Come n try – Ball skills

Date: _____

Warm up game (5-7min)

Ball relay

Create teams (where possible even numbers if not have some players run twice), that can form a relay in the mid court i.e. players from each team line up opposite each other on the transverse lines of the center third.

Do a relay where each player performs the following skills.

- Walking while passing the ball between their hands above their head.
- Passing the ball between lunged legs forwards
- Passing the ball between lunged legs backwards (challenging)
- Passing the ball around their body trying not to touch their body with the ball
- Walking while bouncing the ball from hand to hand

Dynamic Stretch (10 min)

Set up on side lines in working towards the middle.

| | |
|---|---|
| To Middle | Back to sideline |
| High knees walk | High knees skip |
| Butt kicks | Back sidestep shuffle |
| Sidestep | Side step |
| Ice cream scoops | Sumo squats |
| Grapevine | grapevine |
| Hip circles open up (with steps in between) | Hip circles closed in (with steps in between) |

On sideline –

Lunges Stationary x 5 each leg

Arm circles both forward, both back and alternates (Slow and controlled)

Fast feet on the sideline

Knee Program (no ball) (4)

- Crosses jump – from 2 feet land 2 feet diagonally forward 45° R and back to middle, forward 45° L and back to middle. Then backwards 45° R and back to middle, backwards 45° L and back to middle.
- Balance left leg 30 seconds, balance right leg 30 seconds
- Lateral shuffle – start in middle shuffle left, back to middle, little feet, shuffle right back to middle (4)

Skills

STATION 1

Passing in Pairs – set up in a third across the third.

- **Chest** - Elbows in, step forward on the release, “W” shape with fingers, arms out on release and catch
- **Shoulder** – release from the shoulder and should land at the receivers shoulder, strong fingers behind the ball, step with opposite foot to throwing arm, hand finishes where the pass should go (Try not to whip arm across the body and may need to do a 2 hand pass)

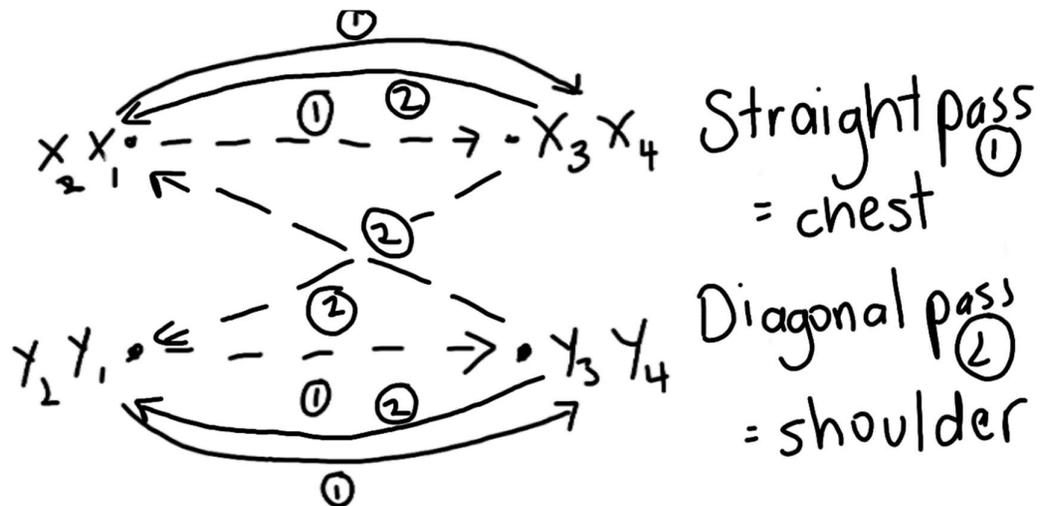
Complete stationary passes and check for technique.

Second stage - player receiving the ball is moving. They either side step or run backwards to the transverse line (or goal line) then drive towards the thrower receiving the pass.

STATION 2

Bow Tie – 2 balls 4 markers in a square

Start with Stationary players



X1 and Y1 throw a chest pass to X3 and Y3. X1 and Y1 Run on the outside of the square to join the end of their line on the opposite side

X3 and Y3 then throw a shoulder pass diagonally to X2 and Y2. X2 and Y2 run on the outside of the square to join the end of their line on the opposite side. Repeat. Then swap the teams to the opposite side i.e. team X swap with Team Y so that they are passing on a different angle on the diagonals.

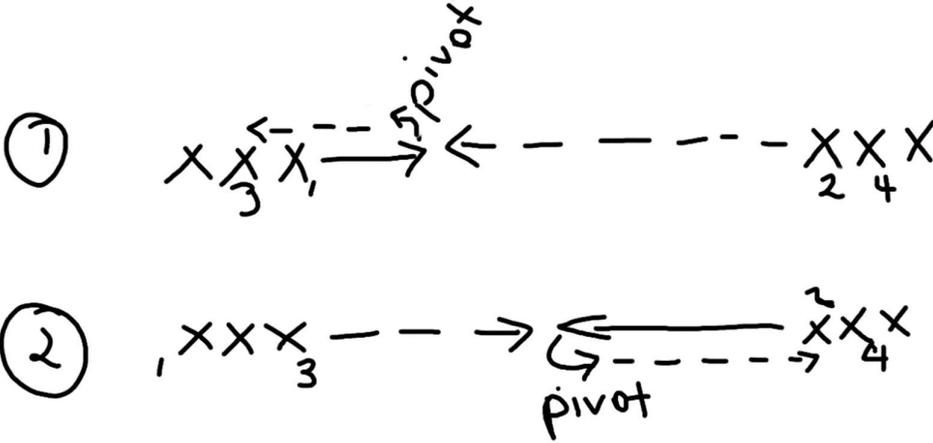
Once the players have consistently performed this activity well, make the square bigger and encourage the receiver to come and meet the ball by starting to run to receive the pass.

STATION 3

Straight Train tracks with pivot

Split the team in two with both teams lined up on the transverse line facing each other.

Straight leads



2 feet landing

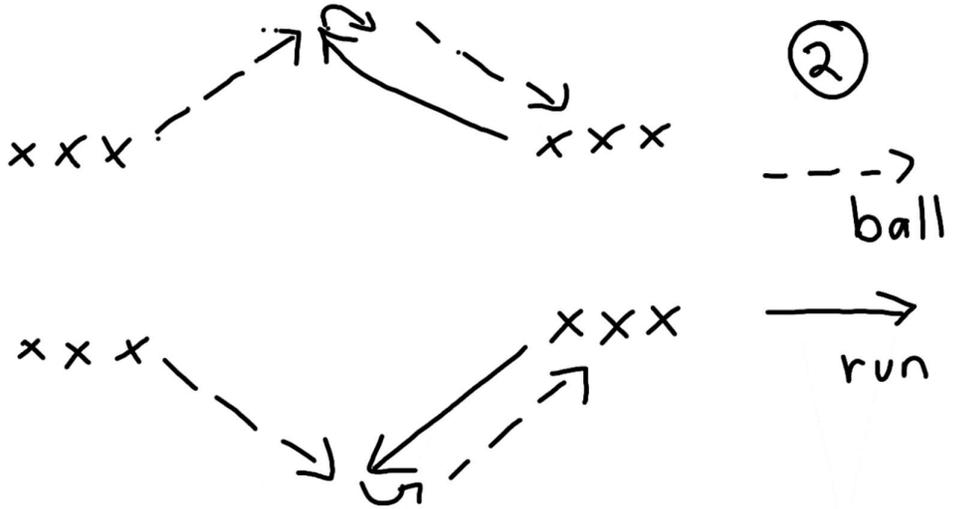
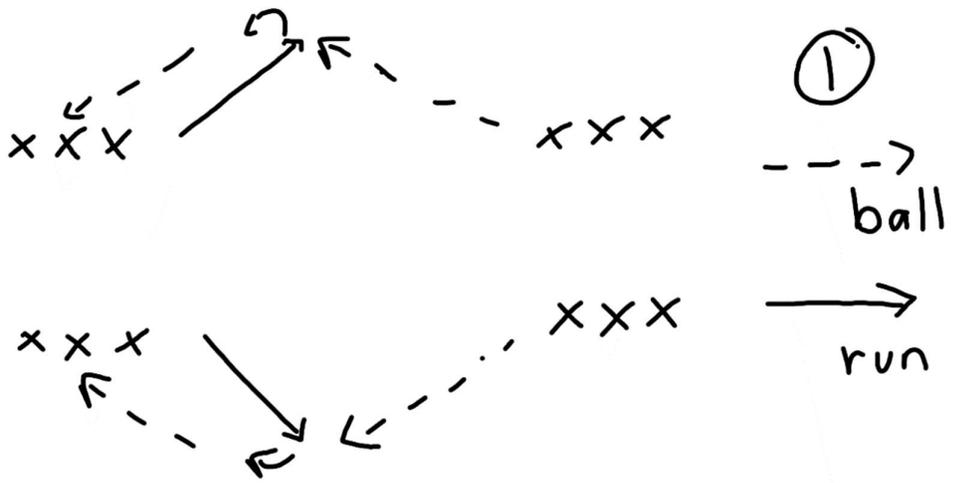
- 1) X1 leads out towards X2 who passes to X1 landing on both feet, they then chose which is their landed foot and pivot to throw to X3
- 2) X2 now leads out towards x3 who throws to X2 landing on both feet, pivot and throws to X4.
- 3) Repeat

1 foot straddle land

Complete the above straight leads but now landing on 1 foot straddle land which is one foot after the other. Pivot using the grounded foot. Making sure the heel is raised and only the ball of the foot is pivoting.

Diagonal leads

Same activity as the 1 above but now the leads are on a 45 degree angle with landing on outside foot. Lead to left, land on left. Lead to right land on right.

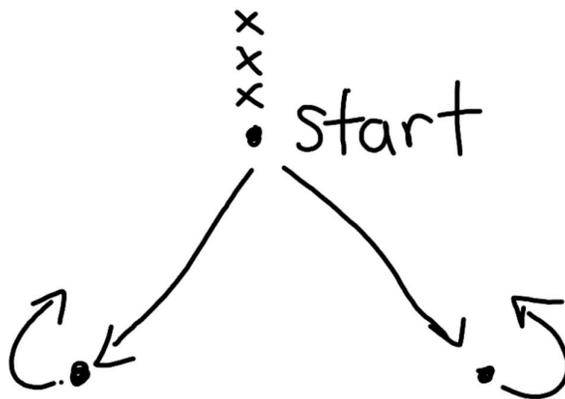


STATION 4

Right and left leads

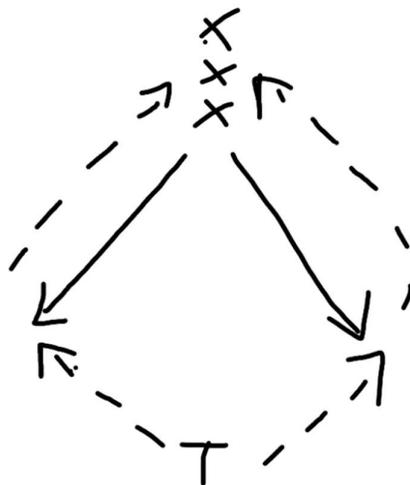
No Ball

Players start in a line. Mark with a dot starting point and 2 markers 45 degree out to left and right. Players start without the ball. Leading left and right landing on the outside foot (lead to left = left foot, lead to right = right foot)



With Ball

Introduce a ball and remove the dots (*or they focus on the dots not the ball*). Encourage a fluid movement, run through the ball catch/land and pivot. Return the ball to the player at the front of the line. They throw back to the thrower. Repeat both sides and change thrower after 3-4 passes. Complete all the to the right, all to the left and then the thrower calls the direction.

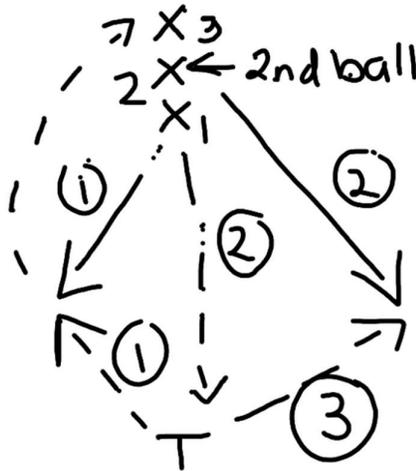


2nd phase

Introduce a second ball.

First ball starts with thrower T. Second ball is with the second player in line x2. First player X1 drives out to the right and receives the ball from the thrower they pivot and pass to the X3 in the line. Meanwhile X2 has passed the ball to the thrower and drives to the left and receives the ball pivots and throws to the line, the player at the front should now have moved off the line and be already driving to the right.

Pressure is on the thrower to receive and pass quickly.



Stop if the technique becomes too messy. Don't practice bad form. Revert back to 1 ball.

Modi – game (15min)

This will be station 2 stationary passes. First team to complete 20 passes. A dropped ball = minus 2 passes. Focus on correct technique not speed. 4 games

If time permits use Station 3 in 1 foot straddle landing. Again First team to complete 20 passes. A dropped ball = minus 2 passes. Focus on correct technique not speed.

Stretch and review (5 min)