

Warm-up activities

Setup:

- Two players with one ball between them
- 7- 10 yards apart
- Practice these drills until the players touch improves
- Do not move onto volleys until the ground passing has been completed
- Once the touch has improved, then each drill should take 1 minute for a total of 15 minutes
- Once proficiency with the ground passes has been achieved, then replace with volleys and continue with the same program

1. Inside Right

Receive Left foot (inside)

First touch is to the right with the left foot

Pass back with the right foot (inside)

Coaching Points:

When Receiving:

Receiving foot off the ground

Toe up to lock the ankle

Contact middle of the ball

First touch should be to the right and in front of the right foot

When Passing

Head up to see where to make the pass

Support foot (toes) even with middle of the ball

Support foot pointing in direction of pass

Belly button towards the receiver

Striking foot off the ground

Contact middle of the ball

Toe up to lock the ankle

Pass must go to receiver's left foot which will make it easier for receiver to handle the pass, ensures accuracy of the passer, and makes player follow through the ball.

2. Inside Left

Receive Right foot (inside)

First touch is to the left with the right foot

Pass back with the left foot (inside)

Coaching Points:

When Receiving:

Receiving foot off the ground

Toe up to lock the ankle

Contact middle of the ball

First touch should be to the left and in front of the left foot

When Passing

Head up to see where to make the pass

Support foot (toes) even with middle of the ball

Support foot pointing in direction of pass

Belly button towards the receiver

Striking foot off the ground

Toe up to lock the ankle

Contact middle of the ball

Pass must go to receiver's right foot which will make it easier for receiver to handle the pass, ensures accuracy of the passer, and makes player follow through the ball.

3. Outside Right

Receive Right foot (inside)

First touch is to the left with the right foot

Pass back with the right foot (outside)

Coaching Points:

When Receiving:

Receiving foot off the ground

Toe up to lock the ankle

Contact middle of the ball

First touch should be to the left and 1-2 feet in front of the left foot

When Passing

Head up to see where to make the pass

Contact the left side of the ball with the outside of the right foot

Should be a natural walking motion and not stabbing at the ball

Pass must go in front of receiver's left foot (1-2 feet) which will make it easier for passer to get their body to the side of the ball

4. Outside Left

Receive Left foot (inside)

First touch is to the right with the left foot

Pass back with the left foot (outside)

Coaching Points:

When Receiving:

Receiving foot off the ground

Toe up to lock the ankle

Contact middle of the ball

First touch should be to the right and 1-2 feet in front of the right foot

When Passing

Head up to see where to make the pass

Contact the right side of the ball with the outside of the left foot

Should be a natural walking motion and not stabbing at the ball

Pass must go in front of receiver's right foot (1-2 feet) which will make it easier for passer to get their body to the side of the ball

5. One Touch – Right inside to Right inside

This drill has now progressed into match related

Players will pass the ball with one touch passing between each other using the inside of their right foot

Coaching Points:

Head up to see where to make the pass

Striking foot off the ground

Toe up to lock the ankle

Contact middle of the ball

Both players need to be on their toes for errant passes

Repeat the one touch drill for the 6. right outside, 7. left inside, 8. left outside

9. One Touch – Game condition – Right inside to Right inside

This drill has now progressed into match condition

Players will pass the ball with one touch passing between each other using the inside of their right foot

After making each pass the player that is passing with then check out by backing up 3-4 steps

As the pass is coming towards then they will step forward 2-3 steps.

This simulates game condition and promotes control under pressure and movement

Coaching Points:

Head up to see where to make the pass

Striking foot off the ground

Toe up to lock the ankle

Contact middle of the ball

Both players need to be on their toes for errant passes

Make sure that the passer backs up a couple of steps after the pass and then comes into the ball when making the pass.

Repeat this one touch drill for the 10. right outside, 11. left inside, 12. left outside

13. Use all surfaces – one touch

Each player must use all four surface touches in a one touch drill with movement to check in and out of each pass.

14. Volley – Laces Right

Players are 5 yards apart

One player lobs the ball to the receiver who will volley the ball with the laces of the right foot and volley the ball back to the receiver

The player tossing the ball needs to make 5 quick tosses and then they switch roles

Coaching Points:

Lift from knee first

Striking foot must be extended to lock the foot and provide a flatter surface for volley

Striking foot must come back to the ground before next ball is serviced

Volley must be soft

Show balance and control

15. Volley – Inside Right

Players are 5 yards apart

One player lobs the ball to the receiver who will volley the ball with the inside of the right foot and volley the ball back to the receiver

The player tossing the ball needs to make 5 quick tosses and then they switch roles

Coaching Points:

Lift from knee first

Knee must turn outward to the right

Striking foot, toes up to lock the foot and provide a flatter surface for volley

Striking foot must come back to the ground before next ball is serviced

Volley must be soft

Show balance and control

16. Volley – Outside Right

Players are 5 yards apart

One player lobs the ball to the receiver who will volley the ball with the outside of the right foot and volley the ball back to the receiver

The player tossing the ball needs to make 5 quick tosses and then they switch roles

Coaching Points:

Lift from knee first

Knee must turn inward to the left

Striking foot must be extended to lock the foot and provide a flatter surface for volley

Striking foot must come back to the ground before next ball is serviced

Volley must be soft

Show balance and control

Repeat for 17. Laces Left, 18. Inside Left, 19. Outside Left