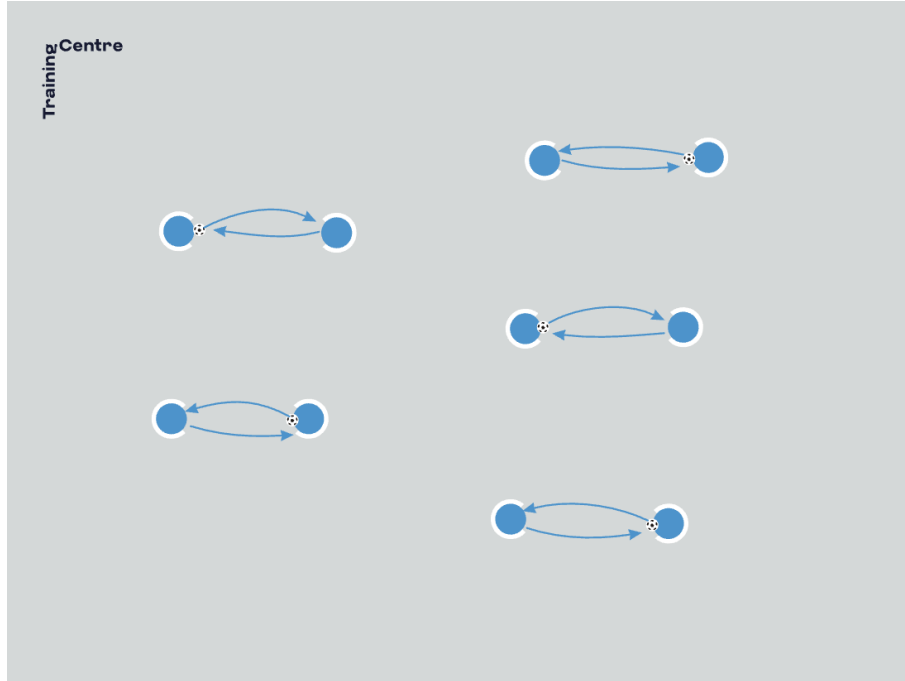


Volley Technique



WARM-UP: JUGGLING IN PAIRS



Organisation

- Children work in pairs with a ball or between two or more if fewer balls
- Start simply – ball in bag, or one touch and try to catch it
- Each player's target is to beat their previous high score
- Encourage children to use both feet
- Encourage children to use other parts of the body
- Have a competition? Highest individual score or highest score in pairs
- Use your best jugglers to demonstrate to the rest of the group

Ways to make the exercise easier

- One kick and catch, two kicks and catch, etc. – build up slowly

Ways to make the exercise harder

- Use alternate feet
- Try using just thighs/head

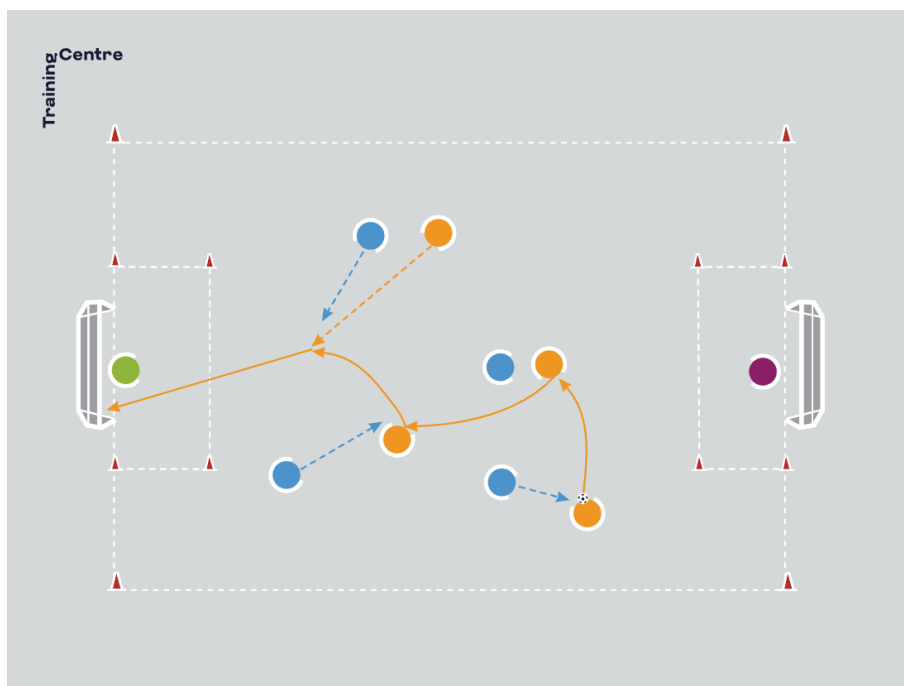
Great questions to ask the children

- What part of the foot do you find it easiest to juggle with?
- Can you juggle three times using only your forehead?
- How can you help each other when you juggle as a pair?

Safety tips

- Make sure players have their own space and remain aware of others around them

SKILL DEVELOPMENT: PASS AND MOVE



Organisation

- Two equal teams with goalkeepers
- Players cannot run with the ball, so team-mates need to support them
- Start with throwing the ball, then try volleys, headers, passes, etc.
- Encourage players to move off the ball
- When near to goal – can they score?

Ways to make the exercise easier

- Throwing, catching and walking only

Ways to make the exercise harder

- Make passing the ball more difficult

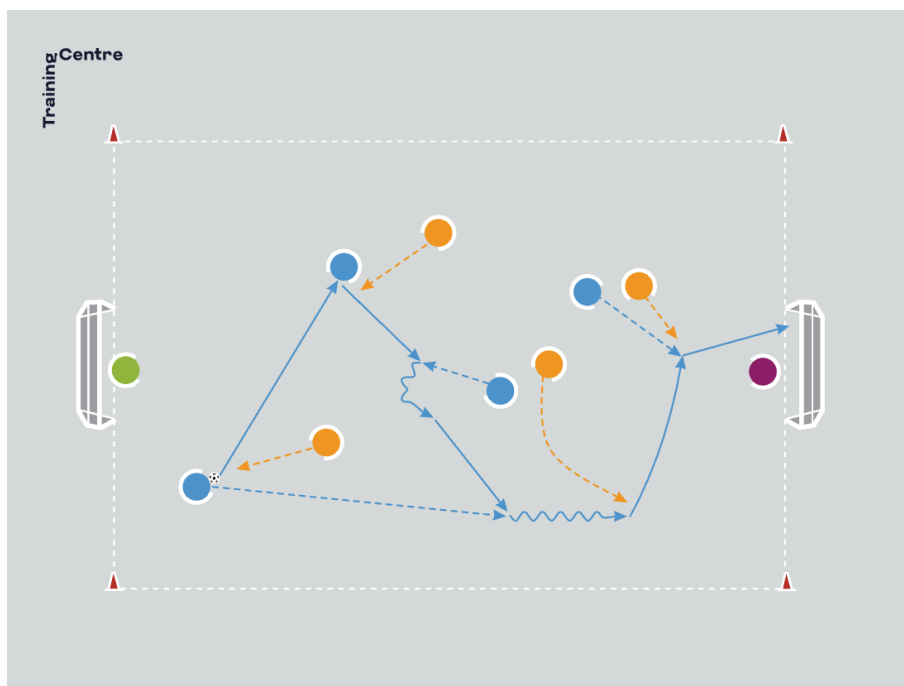
Great questions to ask the children

- Can you try to intercept a pass?
- Can you think of ways to disguise your pass?
- Can you make clever movements off the ball?

Safety tips

- Create a safe zone between pitches

GAME APPLICATION: GAME WITH IMPOSED CONDITIONS



Organisation

- Two equal teams plus goalkeepers – 6v6 maximum
- Impose conditions on the game
- When the player has the ball, see if he/she can touch it at least three times before passing
- See if the player can stay on the ball for at least three seconds
- The ball can only be passed forwards
- Ask players to make runs ahead of the ball to receive it

Ways to make the exercise easier

- Play a normal game with no conditions
- Only impose conditions on some players – not all

Ways to make the exercise harder

- Limit the number of touches
- Ask the players to stay on the ball for five seconds
- They can only score with a one-touch finish

Great questions to ask the children

- Can you show me how to protect the ball when in possession?
- Can you show me how to make runs ahead of the ball?
- How can you make the pitch as big as possible?

Safety tips

- Create safe zones between pitches