

Work Out

Coach and UPSL Player Joe Carver

Material: 4 Markers (cones, sticks Rocks, Bags) A Ball,

Technical Skill: Controlling the ball out of the air

Set up: Create a box with your marker roughly 5 x 5 yards.

Phase 1

Player will be in the middle of the box serving them self the ball to perform the control technique.

Each technique will be performed 10 times on each foot stay within your box on each touch.

1. Drop ball to laces cushion back to hand
2. Drop the ball and lace with right and left
3. Drop the ball and use instep to cushion ball to hands

Challenge: See how many reps of each you can perform in 1 minute

Based on you skill level change the height of the delivery

Phase 2

Player will be in the middle of the box serving them self the ball to perform the control technique.

Each technique will be performed 10 times on each foot stay within your box on each touch

1. Volley ball above head and cushion with your foot (lace or instep)
2. Volley ball above head and cushion with your thigh
3. Volley ball above head and cushion ball on chest ball

Challenge: See how many reps of each you can perform in 1 minute

Phase 3

Player will be in the middle of the box serving ball and taking a touch to exit the box by the side chosen

Each technique will be performed 10 times on each foot.

1. Throw or volley ball above head, control with instep to the side of the box
2. Throw or volley ball above head, control with outside of foot to side of the box

3. Throw or volley ball above head, control with the sole of the through the front of box.

Challenge:. See how many reps of each you can perform in 1 minute