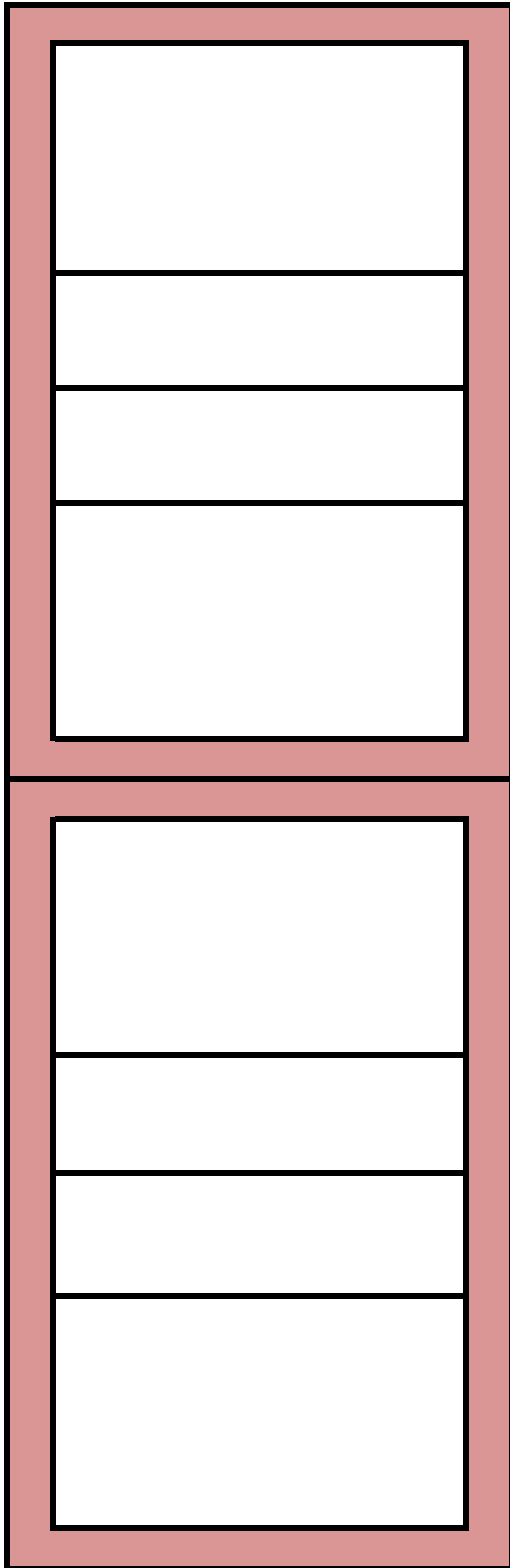


Recommended # of Athletes: Any

# Ball Control Warmup



## **Set-up**

Set up each athlete with their own ball and positioned with space around the gym

## **Conditions:**

Athletes run through a list of skills to complete individually including setting and passing consecutively to themselves. Skill may also include one armed passing or passing or setting against a wall.

## **Purpose/Goal**

Develop individual control without depending on other players  
Work on player focus and attention to detail

## **Success criteria**

Athletes are able to perform the skill consecutively without dropping or making an error.

## **Reference Points**

Pass the ball high to maximize reaction time  
Give lots of space from the next closest athlete  
Keep legs bent and in athletic position.

## **Variations**

Use any variation of this drill to perform a variety of skills  
Athletes can be asked to pass two balls at once, or move onto knees and then to a sitting position then back up will consecutively performing the skill

Legend: Ball's Route = - - - - ->      Players Rotation = .....>      Players 

