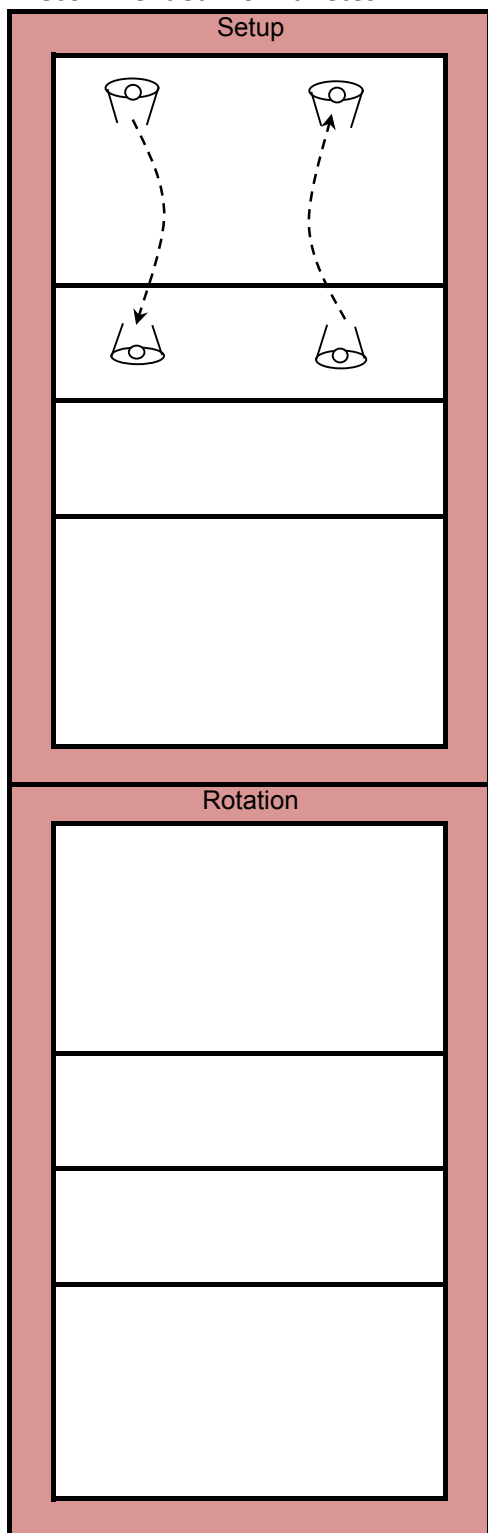


Recommended # of Athletes: 2 +



Ball Control Warm Up

Set-up

Set up athletes in partners across the court, each pair has a ball with another available for progressions in the drill.

Conditions:

Athletes pass back and forth together through a number of progressions: 1) Simple passing (from baseline to net) 2) Pass to self then to partner 3) Pass to self, spin 180, then to partner 4) Set to self, set to partner 5) set to self, spin 180 then to partner. Then Using Two balls progress through: 1) pass 1 ball back and forth while chest passing the other during non passing time. 2. Bounce pass 2) Pass 1 ball while bounce passing the other. 3) Finally pass one ball while kick passing the other ball along the ground.

Purpose/Goal

1. Warm up legs arm and mind
2. Improve passing and setting control and skills
3. Improve spacial awareness

Success criteria

Athletes can pass consistently between each other and are able to track two balls at the same time.

Reference Points

Passing the ball higher gives athlete more time to react and adjust. Communicate with partners and call the ball, get into this habit.

Variations

Progress through these skills at your own pace. If your athletes are not able to handle the more advanced double ball skills, then remain focused on the first few steps

Simplification

More Difficult

Legend: Ball's Route = Players Rotation = Players =

