



ACTIVITY #1

Set up: Secret of the Egg Warm up 1-Increasing comfort level on the ball deal with air balls

Every player with a ball in an open area

Instructions: First we start out with 1) One bounce. Players must volley the ball in the air and let the ball bounce once and repeat using proper technique. See if players can do 5 in row left and right foot. 2) Thigh/Volley- Players volley the ball up and then control the ball with a "controlled touch". See if the can do 5 in a row. 3) Chest /Volley-This players volley and take a controlled touch with the chest. 4) Thigh/volley no bounce and 5) Chest/thigh/volley no bounce.

Coaching Points: -Relax controlling surface

-Determine the difference between a "controlled" touch and a "settle" touch

-Get body in line with the ball

-Challenge yourself as you get comfortable by playing the ball higher



ACTIVITY #2

Set up: Secret of the Egg Warm up 2-Increasing comfort level on the ball deal with air balls

Every player with a ball in an open area

Instructions: Now we add movement and introduce controlling the ball with 4 different body parts and in combinations on the move. First we start with the 1) Laces, volley the ball up out in front, let the ball bounce and then control with laces. As soon as they have it under control must do a move. 2) This time we control on the thigh and we try a combination Thigh/Laces 3) We introduce the chest and finally 4) the head. Try combinations as often as possible.

Coaching Points: -Relax controlling surface

-Determine the difference between a "controlled" touch and a "settle" touch

-Get body in line with the ball

-Challenge yourself as you get comfortable by playing the ball higher

-Use combinations for balls thigh high and above



ACTIVITY #3

Set up: Secret of the egg Elimination game

30-40 Yards from the cone to the pug goal depending on the age

Instructions: If you large numbers divide the groups in half. Coach has a bag of balls and plays the ball the first player in line. The ball has to bounce one time before they can control it. They must quickly get the ball down and pass t he ball into the pug goal. If a player misses, they are eliminated and help the coach round up balls. If you make it, you go back to the end of the line until we have a winner. Variations are to add touch restrictions and time conditions. You can also make it a competition between groups to see who can score the most goal in a give amount of time.

Coaching Points: -Watch the flight of the ball

-Get your body in line of the flight of the ball

-Decide quickly which surface to use

-Relax controlling surface

-Try combinations as often as possible