



Diagram Key:



Player running with ball



Pass



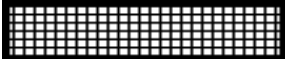
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Ball Control/Agility Warm Up 4

Category: Passing/Ball Circulation

Practice Segment:

- Warm Up
- **Skills:**
- Passing

Players: Groups of 3

Time: 15-20 min

Ball Control/Agility Warm Up:

Set Up:

- 2x2yd box w/cone in center
- Players are in groups of 3 with 2 balls

Action:

- 2 players with balls are servers and are about 2-3 yards from box as shown
- “Working player” moves around the outside of the box always facing forward (toward servers)
- Working player continues for 0:40-1:00, players alternate in roles

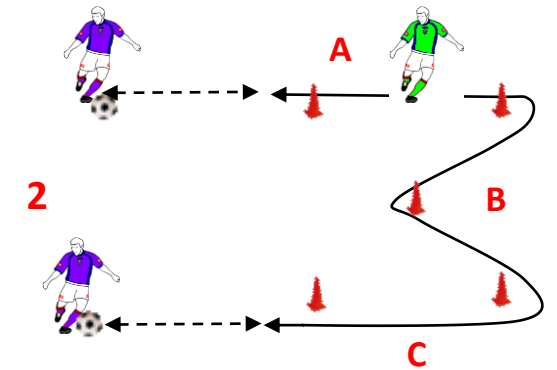
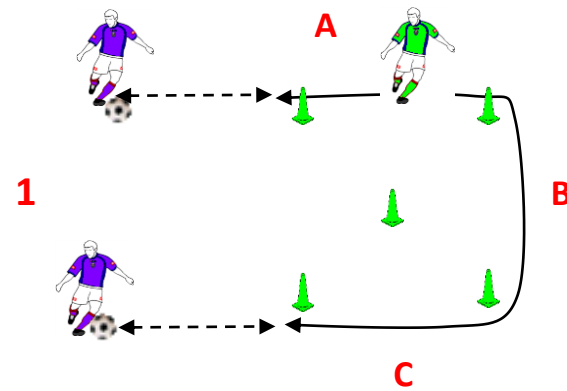
Movement Patterns:

Pattern 1

- starting on one side (A) at cone closest to servers, player moves backward, shuffle across back of box (B), and move forward to the ball to receive and returns serve (C)
- Pattern is reversed to get to server back at starting point

Pattern 2

- starting on one side (A) at cone closest to servers, player moves backward to back corner, moves forward around cone in center of box and backward to opposite back corner(B), and moves forward to the ball to receive and returns serve (C)
- Pattern is reversed to get to server back at starting point



Sequence of Serves:

- Ball passed on ground, returned on ground
- Ball tossed to feet, volleyed back 1-touch
- Ball tossed to thigh, controlled w/thigh, volleyed back
- Ball tossed to chest, controlled, volleyed back
- Ball tossed to head, headed back to server

Focal Points:

- Correct technique
- Tempo of movement
- Concentration
- Efficient, smooth movement