

## TWO-BALL TECHNICAL TRAINING

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Advanced technical training and fitness.

#### Competencies:

- + Receiving - foot, thigh, chest and head.
- + Short passing - speed of play.
- + Anaerobic endurance training.
- + Individual receiving and passing technique.

### WHY USE IT

This advanced technical training environment is an efficient means of training skill in a pressure setting. The resting players still get plenty of touches, particularly in the first phase, and play is fast and challenging.

### SET UP

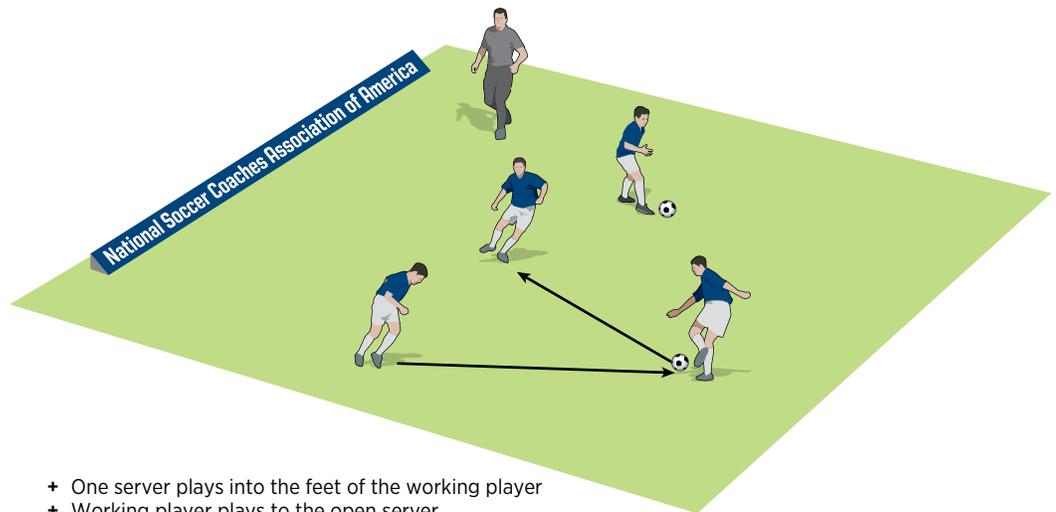
Groups of 4 - 2 balls per group. 3 players in an arc serve to 1 working player.

### HOW TO PLAY

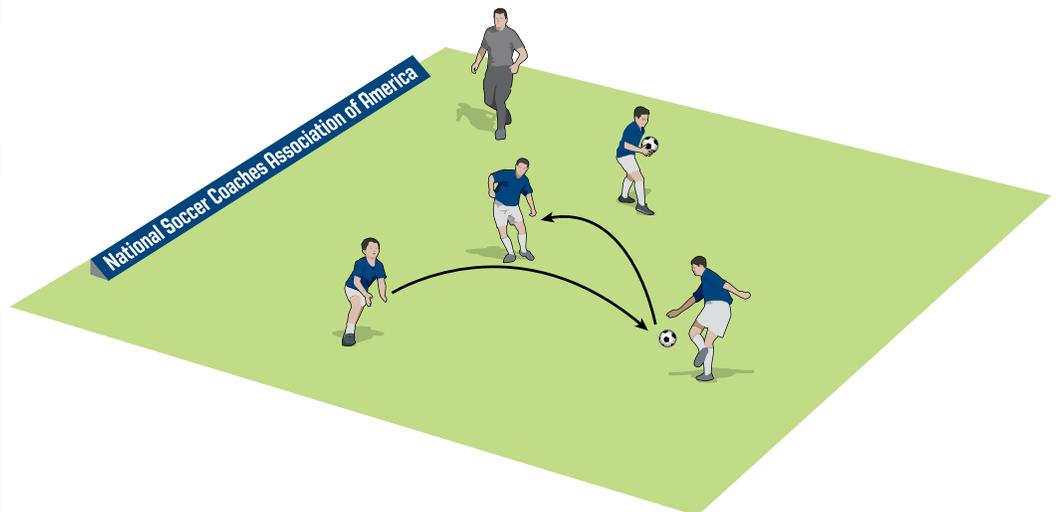
One server passes to the working player, who passes first-time to the open player. The other server who had a ball at the start then passes to the working player who again finds the open player and play continues. This is a pressure training exercise. The working player should be compelled to play at the very edge of his or her ability to pass with quality. Serves must come immediately one after another.

### COACHING NOTES

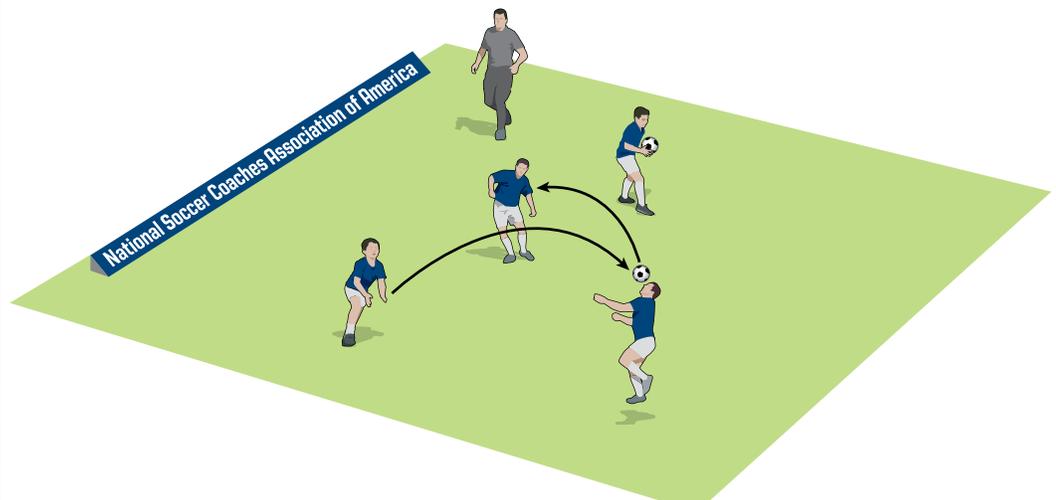
- + Main coaching objectives - Is the player using the proper foot (based on the target to be played)?
- + Coaching Tip - Challenge the servers to work as hard as the working player. Their timing makes the exercise work at peak efficiency.
- + Adaptations - 1. Servers toss balls for the working player to volley to the open target. 2. Players toss balls for the working player to head to the open target.



- + One server plays into the feet of the working player
- + Working player plays to the open server.



- + A server tosses the ball to the working player, who volleys to the open server.



- + Servers toss to the working player's head for a first-time return to the open server.

