

BALL HANDLING GRID

OBJECTIVE: develops all ball handling techniques at match speed and with the pressure of an opponent

EQUIPMENT NEEDED: one ball for every player and four cones

SCALE: center circle or 15 – 20 sq. yd. grid

NUMBER OF PLAYERS: 16-24 in each group

SET-UP: locate half the players with a ball on outside of grid/circle and other half in the grid/circle

PROCEDURE:

1. Players in the middle of the grid check to a player on the outside of the grid and executes each of the following techniques and serves the ball back to that player:
 - a. one touch pass
 - b. two touch pass
 - c. thigh trap
 - d. chest trap
 - e. head trap
 - f. skip pass trap
2. Players in the middle become servers and those on the outside come into the middle and repeat this set of techniques.
3. Work should be timed per technique (EX: 30 seconds - one minute)

VARIATION:

1. Exercise can be progressed to groups of three with players rotating from attacker to defender to server.
2. Pressure of opponent can be progressed from low pressure to high pressure defense.
3. Scale must be adjusted to accommodate the larger number of players in the grid.