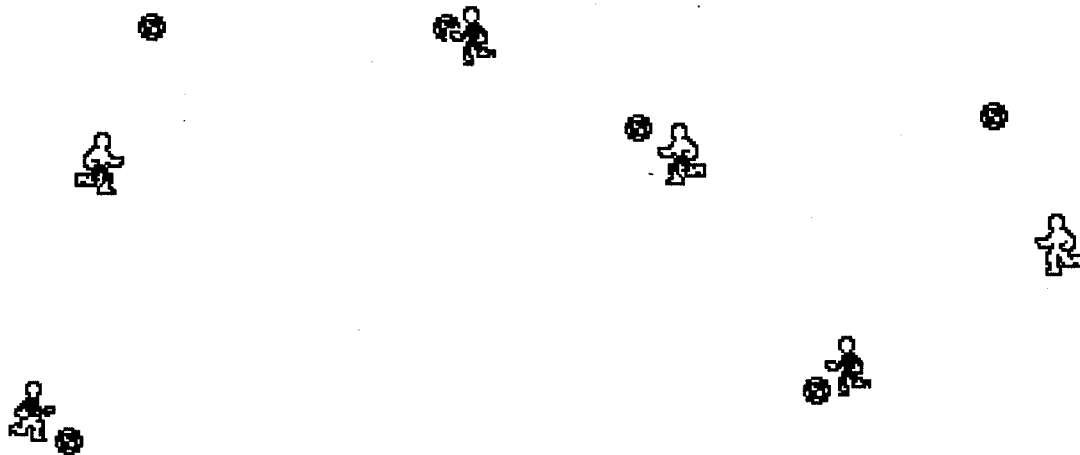


TOSS AND CONTROL



TOSS AND CONTROL RECEIVING

Players move around the space feely, tossing their own ball in the air and trying to control before it lands. Players dribble around while controlling, then repeat activity.

COACHING POINTS:

1. Have player's body touch ball before it first hits the ground.
2. Have players control first touch with different body parts: foot, head, etc.
3. Have players flick ball into hands before toss, don't allow them to pick the ball off the ground with their hands.
4. Watch for height. Encourage different heights.
5. Have players fake before their first touch, fake on way to first touch in the opposite direction.