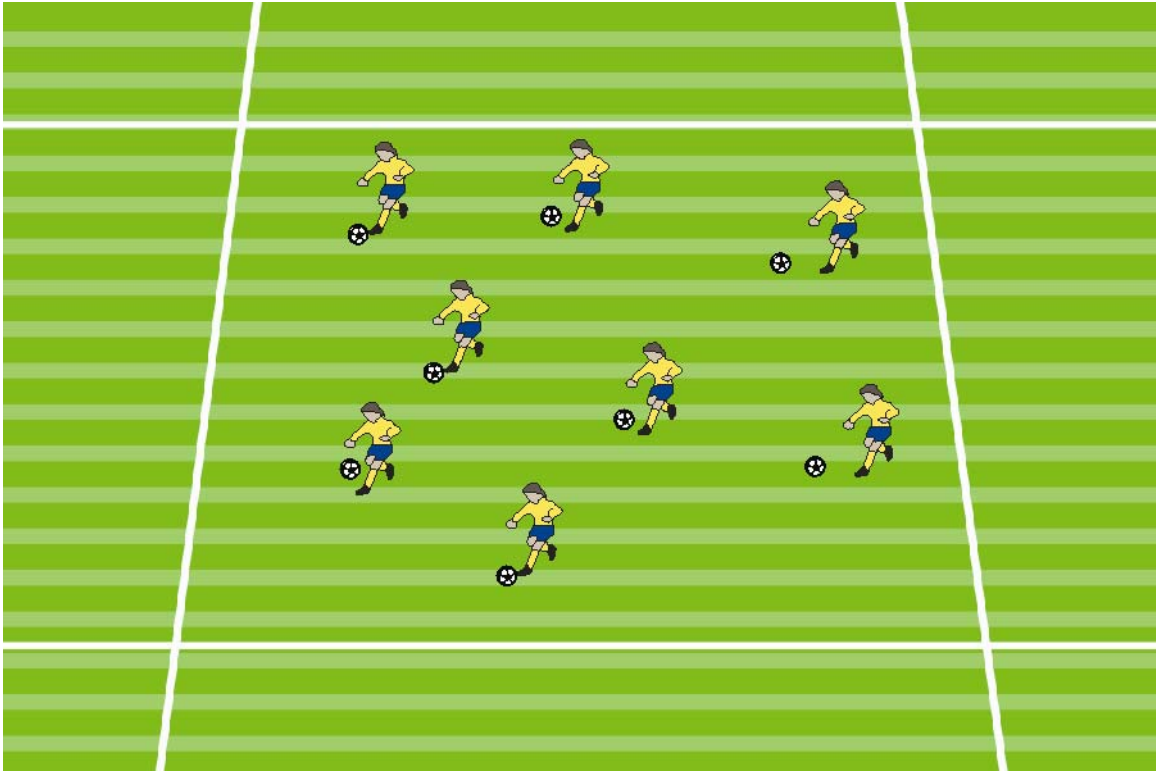


Ball Ballistics



Organization:

Each player stands with a ball at their feet. The coach stands in front and demonstrates each movement that he wants the players to copy.

- 1 Put one foot on the ball and roll it backwards and forwards with the sole of the foot. Also try with the weaker foot.
- 2 Place the ball between the inside of both feet and try to pass the ball back and forth between each foot.
- 3 Place one foot along side the ball and the other on top of the ball. Quickly change the standing foot and the foot on the ball. Try repeating several times back and forth.

Coach Notes:

You can create a number of basic ball ballistic activities that allow the players to become comfortable using various surfaces of the feet.