

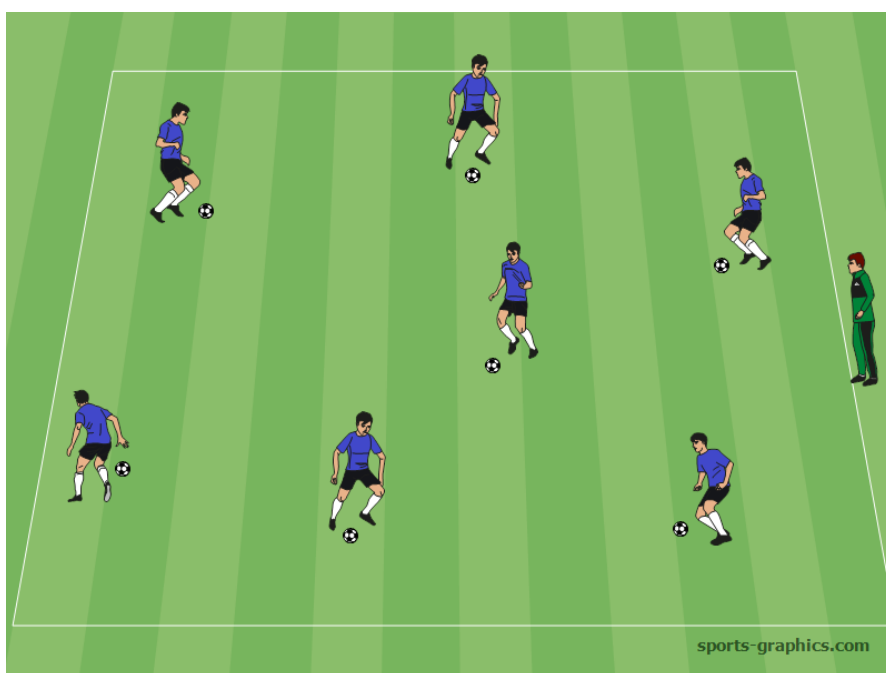
TOE TAP DANCING

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

Ball Familiarity Exercise



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players follow a sequence of four steps.

Step 1 - sole of the foot taps the ball.

Step 2 - the sole of the other foot taps the ball and then steps over the ball across the body.

Step 3 - the other foot now comes behind the standing leg and the player uses their toe to tap the ball. Step 4 - the final part of the move is for the player to use the sole of the other foot to begin the process again with a foot tap.

To get rhythm the player might count 1-2-3-4 as they familiarise themselves through the sequence.

Follow the skill acquisition stages dependent on the players progress.

Stage 1 - develop the skill with a stationary

ball systematically producing step by step moves.

Stage 2 - progress with players increasing the speed of touch.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Players will improve balance , coordination and feel for the ball.
- To improve touch through ball manipulation techniques.

KEY FACTORS

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- Rhythm
- Speed of the move
- Technique of the move

FOCUS AREAS

- Encourage players to have their head up - when the player is more proficient they should only briefly need to glance down.
- To gradually increase the fluency and speed of the move.

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