



Juggling Ladder

Organization

- Players in pairs with one ball
- Have one rung for each pair in the ladder
- Must begin at the start on opposite sides of the ladder
- Server tosses or volleys ball to partner who receives it and volleys it back
- If a pair completes the sequence without letting the ball hit the ground, it moves up to the next rung on the ladder
- If the pair lets the ball hit the ground, it goes all the way back to the start of the ladder
- If the pair completes the ladder, it receives one point, and starts again
- Players compete to see which pair can score the most points in 2 minutes

Coaching Points

- Quality of service
- Get in line of flight
- Prepare surface
- Direct your 1st touch forward
- Stepping into your pass

Variations

- Coach varies the surface used to receive and number of passes necessary to complete a rung on the ladder
- Players choose the surface and number of passes
- Make the rungs wider

Get Outta There

Organization

- Coach is the "boss of the balls"
- Players start off the end of the field
- The coach begins play with a pass to one of the players
- The first player from each line joins the game to make a 2v2
- The game continues until a goal is scored or the ball goes out of bounds
- If the ball goes out of bounds, all four players leave the field as quickly as possible
- The coach restarts the game with a new ball, and the next four players join to make a 2v2
- If a goal is scored, the team that scored stays on, and the two who were scored upon leave the field to be replaced by the next two members of their team

Coaching Points

- Get in line of flight
- Prepare surface
- Get the ball on the ground quickly
- Angles of support
- Getting in seams
- Timing/shape of runs
- Team shape
- Turning/playing the way you face

Variations

- Change the starting positions of the lines
- A team may only score two goals before being replaced



3v3 plus goalkeepers

Organization

- Games are 2 minutes or one goal in length
- If the ball goes out of bounds, it is restarted from the goalkeeper for the team that would have been awarded the kick or throw
- If a goal is scored, the team that scored stays on
- The team that is scored upon is replaced
- The team coming onto the field has the ball, and may start the next game immediately after the goal is scored
- If a team wins a second game, they are also replaced by the resting team
- If there is no goal after two minutes, both teams are replaced

Coaching Points

- Team shape
- Body shape
- Angles of Support
- Timing/shape of runs
- Turning/playing the way you face

4v4 plus goalkeepers

Organization

- Free play/match conditions

Coaching Points

- Team shape
- Body shape
- Angles of Support
- Timing/shape of runs
- Turning/playing the way you face