



BRILLIANT BASICS

KEY



DRIBBLE



PASS/SHOT



MOVEMENT



WALL



REBOUND



PLAYER



SERVER

BRILLIANT BASICS – PASSING AND RECEIVING

Set up:

Server stands 10 yards away from a wall, player to be positioned halfway between the wall and the server – creating an angle by moving approximately 5 yards backwards. Player starts with the ball.

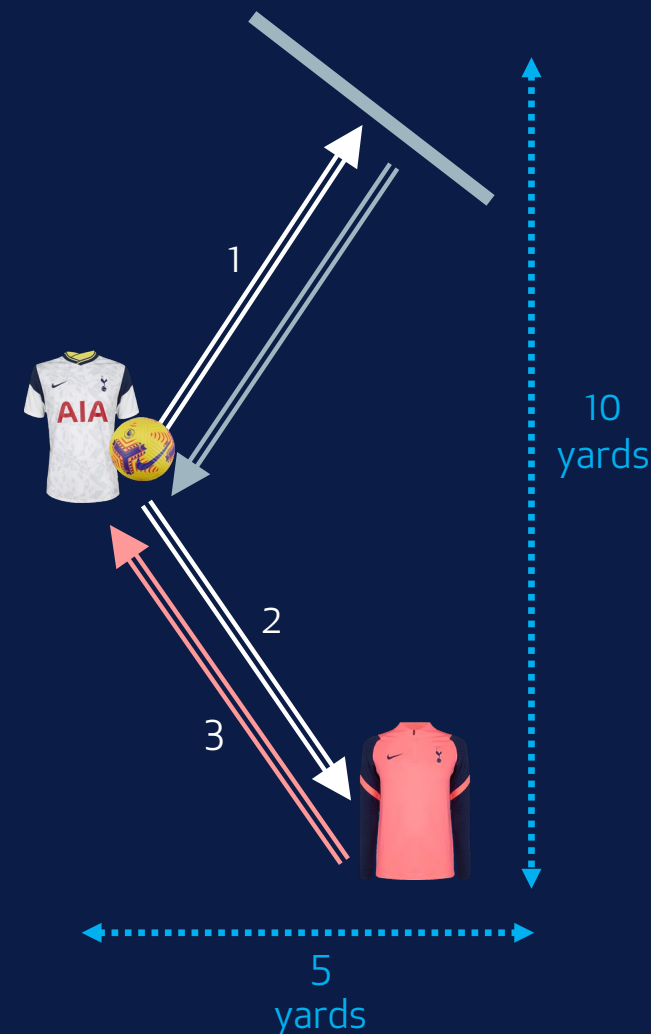
Activity:

Play a pass off the wall and receive the rebound, play another pass to the server and receive the return. Repeat for 60 seconds.

TIP: Receive the ball on your back foot and pass off your front foot to keep a high tempo.

Key Points:

- Ball contact - lock your ankle and kick through the middle of the ball with the middle of your foot. Remember to step into each pass to ensure clean ball contact
- Body positioning - after each pass adjust your body by taking a step backwards and slightly turning your chest and hips to face the direction you will receive the next pass from



BRILLIANT BASICS – MOVEMENT TO RECEIVE

Set up:

Server starts with a ball 10 yards away from a wall, place an obstacle (jumper, cone, pole) halfway between the server and the wall, player starts in front of the obstacle facing the server.

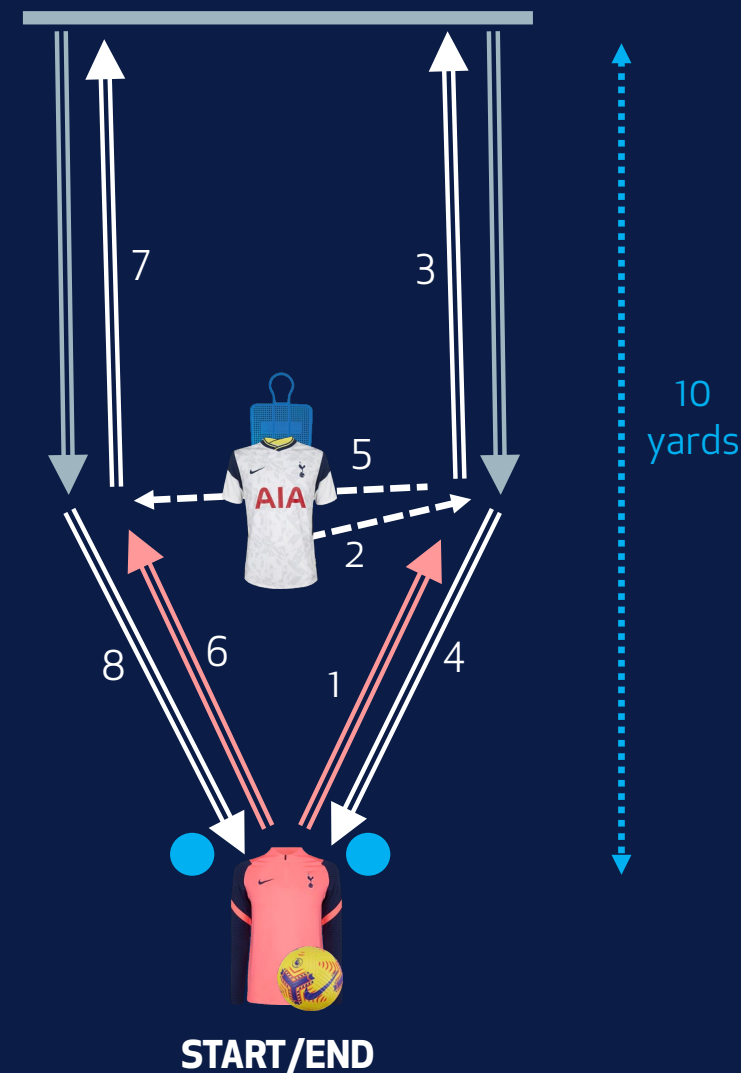
Activity:

Move sideways away from the obstacle and receive a pass from the server, play a pass off the wall and receive the rebound. Play a pass back to the server and switch to the opposite side of your obstacle. Repeat activity on the opposite side. Complete as many as you can in 60 seconds.

TIP: Experiment receiving the ball 1) on your back foot and passing off your back foot 2) on your back foot and passing off your front foot.

Key Points:

- Scanning - when moving away from the obstacle, make sure to 'scan' by looking over your shoulder to judge distances, space and time
- Open body - receive the pass in an open body position so you can see where the pass is coming from and where you want to pass to
- Be positive - punch your foot through the middle of the ball to keep passing crisp and clean



BRILLIANT BASICS – PASSING AND RECEIVING TO SCORE

Set up:

Place 2 markers approximately 8 yards apart at the base of your working area, place a centralised obstacle (jumper, cone, pole, mannequin) 8 yards from base markers. Place a goal/target to shoot towards 12 yards from the opposite side of obstacle. Player starts by one base marker facing a wall (approximately 5-8 yards away), the server starts by the other base marker.

Activity:

Play a pass from the START marker off the wall and control the rebound, play a pass to the server and make a diagonal run across the front of your obstacle. Server plays a straight pass into the path of your run, shoot into your target/goal. Try 10 shots from each side.

TIP: Time your run across the marker so it works with the first touch of the server.

Key Points:

- Quality - focus on the quality of execution with EVERY pass
- Forward facing hips - when striking the ball, get your hips round so they are facing the direction of the strike

