

## Screen 1 (20 mins)

**Organization** - in pairs one ball between 2 - spare balls on the outside

**Field Set up** - small tennis type grids - each grid 5x5 with small cones in the middle to act as the net

**Detail** - this exercise is mainly to work on players volleying techniques from a short distance - the blue players serve - the red players volley back then its a game of tennis - if the pass touches the cones or goes out of bounds its a point against - you can only score on your serve - rotate winners and losers if you want to make a competition out of this exercise - the ball cannot go over waist height - do not use your hands to serve - flick the ball up then serve - one bounce on each side is permitted

**Progressions** - add more touches before you pass the ball over the cones

**Competencies** - using all parts of the foot and thigh to control and juggle the ball - great exercise for technique

