



“2x2 Box Volley”

East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control & Turning

Primary Objective: To improve quality of traps and volleys on thigh/waist height balls

Duration: 15 minutes

The Basics		<p>Organization</p> <p>Split players into groups of 4 1 grid per group, cones spaced 3-4 yards apart 2 balls per group As pictured, 2 players low in the box have ball in their hands All players begin just outside the cone nearest them</p>
		<p>Activity</p> <p>At coach’s signal, the two high players (white) jog around the high 2 cones and check to (run to) the low players with balls (red path pictured). The low player on the right tosses a thigh/waist-high ball to the checking player’s left foot; the low left player tosses a thigh/waist-high ball to his checking player’s right foot. The checking players each serve a soft volley back to the hands of the tossing player, then jog back around the 2 high cones to receive another toss from the other side/to the other foot. This pattern continues for 2 minutes – afterward, the high players become the tossers, the low players play the volleys back.</p>
		<p>Coach Pts</p> <p>The players should be striking the volley with the inside of each foot, and it should return softly to the tossing player.</p>
		<p>Mods</p> <p>If tossing players fail to serve good balls to volley, have them try bouncing the ball instead. If volley players struggle to return a good ball in the air to the tossing players, have tossing player simply hold ball in hands and volley player jogs up and lightly touches the ball with proper form.</p>
Prog		<p>Prog</p> <p>Volley players trap ball to ground, play a ground pass back to tossing players Volley players trap ball to ground, turn and dribble ball behind the box, serve pass to the other tossing player, who then picks up ball and tosses it back to the volley player, who traps to ground with other foot, dribbles behind box and passes to original tossing player. **advanced** Volley players receive the toss with their thigh into the air, then play a soft volley back to tossing player.</p>