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## **FUNDAMENTAL CORE TECHNIQUES**

The following fundamental technical exercises are to be introduced and practiced during coaching session!

The exercises are;

- **Fun**
- **Challenging**
- **Progressive**
- **Simple to organise**
- **Easy to standardise**

There are too many exercises for them all to be included in the session therefore the coach needs to select appropriately. The exercises are graded in terms of difficulty for ease of progress.

<b>Grade 1</b> Any Touch  Inside/outside right foot/1 touch alternate  Inside/outside left foot/ 1 touch alternate	<b>Grade 2</b> Inside of foot/both/1 touch alternate Outside of foot/both/1 touch alternate Studs only right foot Studs only left foot Studs only both feet/1 touch alternate Feet only juggle
<b>Grade 3</b> Juggle right foot only  Juggle left foot only  2 players/inside right foot passes  2players/inside left foot passes  2 players/outside right foot passes  2players/outside left foot passes	<b>Grade 4</b> Juggle both feet/1 touch alternate  Sideways drag/both feet/1 touch alternate  Inside right foot volley/1player/1 server  Inside left foot volley/1player/1 server  2 players/ 1 touch headers/ alternate

Grade 5	Grade 6
Outside right foot volley/1 player/1 server/1 touch	2 players/inside foot volley/1 touch
Outside left foot volley/1 player/1 server/1 touch	2 players/outside foot volley/1 touch
2 players/ 2 touch headers	2 players/inside foot volley/2touch
Inside right foot volley/1 player/1 server/2 touch	2 players/outside foot/ 2 touch
Inside left foot volley/1 player/1 server/2 touch	2 players/chest and head/ 1 and 1
Outside right foot volley/1 player/1 server/2 touch	
Outside left foot volley/1 player/1 server/2 touch	
Chest and head/1 player/1 server 1 and 1	

- **SET – Up** layout 8 cones in straight line 2 feet apart as many columns as per group sizes.
- Coaches to select exercises from relevant grades.
- It is reasonable to expect groups of players to be working simultaneously at different grades.
- Players should be set tasks and encouraged to work through the grades in their own time.

