

Ball Control

Cushion Control Using Feet - Cushion Control Using Thigh - Cushion Control Using Chest

Cushion Control Using The Head - Wedge Control Using The Feet - Wedge Control Using The Thigh

Wedge Control Using The Chest - Wedge Control Using The Head

Cushion Control using the Feet

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Decide by the flight of the ball which foot should be used.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Offer the controlling surface of the foot to the ball (laces or the inside of the foot).
- Immediately withdraw the foot on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the foot is not withdrawn quickly enough, the ball will bounce away from the player.
- In a well executed cushion control the ball should lie close to the controlling surface.

Cushion Control using the Thigh

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Decide by the flight of the ball which thigh should be used to control the ball.
- Offer the controlling surface of the thigh to the ball.
- Immediately withdraw the thigh on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the thigh is not withdrawn quickly enough, the ball will bounce away from the player.
- When controlling the ball, try to position the thigh in front of the upper body and not extended out to the side of the body. This will block the ball should it bounce up off the thigh. If the thigh is extended to the side, then the ball may skim off the thigh and possession will be lost.
- Remember to keep the head steady and eyes fixed firmly on the ball

Cushion Control using the Chest

- Position the body behind the flight of the ball as early as possible. This will lead to

good composure and balance for receiving the ball instead of reaching out and being caught off balance.

- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Offer the surface of the chest to the ball. Off center of the chest will provide the best surface for the cushion control, due to the softness of the chest muscles. The sternum bone in the center of the chest will provide a harder surface for the ball to rebound from.
- Immediately withdraw the chest on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the chest is not withdrawn quickly enough, the ball will bounce away from the player.
- The chest should be slightly tilted back, so when the ball contacts the chest, it will bounce up fractionally before dropping to the players feet. The knees should also be bent and withdrawn as soon as contact is made with the ball.

Cushion Control using the Head

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Slightly lift up the chin and tilt back the surface of the forehead. Offer the surface of the forehead to the ball.
- The chest should be slightly tilted back and knees should be bent.
- Immediately withdraw the head and bend the knees on impact of the ball. This will have a cushioning effect on the ball and kill the power of the ball. If the head and knees are not withdrawn quickly enough, the ball will bounce away from the player.
- Do not tilt the head too far back or the ball will skim off the forehead and away from the player.

Wedge Control using the Feet

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.

- Decide by the flight of the ball which surface of the foot is to be used in the wedge control (inside or outside of the foot).
- The ankle of the controlling foot should be firm and not relaxed.
- Offer the controlling surface of the foot to the ball.
- Immediately on impact, redirect the ball away from the body and into available space. Do not withdraw the ball into the body. The ball should be redirected, not cushioned.
- As the player is redirecting the ball on impact, the head and upper body should be over the ball.

Wedge Control using the Thigh

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Decide by the flight of the ball which thigh is to be used to control the ball.
- The thigh muscle should be tight to provide a hard surface for redirecting the ball.
- Offer the controlling surface of the thigh to the ball.
- Immediately on impact, push out with the thigh and redirect the ball into available space. Do not withdraw the thigh on impact, as this will cushion the ball.
- As the player is redirecting the ball on impact, the head and upper body should be over the ball.

Wedge Control using the Chest

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- The chest should be tight with the shoulders pulled back. The player should also lean backwards slightly.
- Contact on the ball should be made with the center of the chest, as the sternum will provide a harder surface for the ball to rebound from.
- Immediately on impact, quickly push the ball out from the chest and into available space. Do not withdraw the chest on impact as this will cushion the ball.

- As the player is redirecting the ball on impact, the upper body should be forward with shoulders pinned back

Wedge Control using the Head

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- The player should slightly lean back with the head straight and the neck muscles tight.
- Contact on the ball should be made with the forehead. The forehead is the flattest and hardest part of the skull. This will assist in redirecting the ball.
- Immediately on impact, the player should swing the upper body forward quickly and make contact on the ball with the center of the forehead. The player should redirect the ball into available space. Do not withdraw on impact, or this will cushion the ball. Do not tilt the head too far back or the ball will skim from the head and possession may be lost.
- As the player is redirecting the ball on impact, the upper body and head should be moving forward.