



**ACTION:**

The first server tosses the ball to the first striker, who controls the ball with the chest and tries to volley the ball into the goal before it touches the ground.

The server and the striker then change places and join the other team. Change the part of the body the players use to control the ball before they shoot.

**TIPS:**

Players should concentrate on the ball.

Remind players to use their bodies as 'cushions' and that timing is important.

Allow beginners to have a bounce before shooting.

**NOTES:**



## RECEIVING

**SET UP:**

Players in two teams of up to six approx 10yds apart and approx 10yds from goal.

'Serving' team has a ball each.