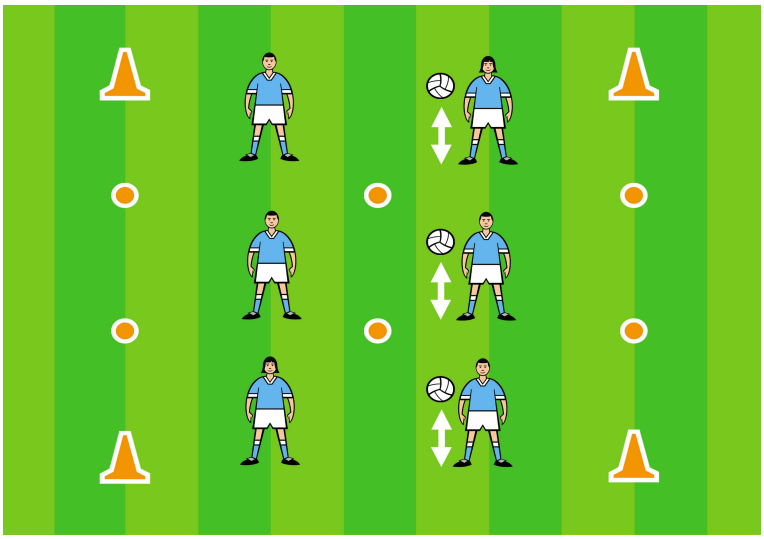
LEVEL 1

BOUNCE - STATIONARY BOUNCE

FOOTBALL



EQUIPMENT LIST

- Football

This is a basic drill to practice the Bounce technique in a stationary position

Organisation

- Divide the group into pairs; one football per pair
- Each player in turn bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair bounces the ball repeatedly for one minute, catching the ball securely after each bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

STEP Variation

Task - As the players become more proficient, challenge them to bounce the ball at an angle for their partner to catch

Notes