BOUNCE

The Bounce is used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of 4 steps without playing the ball. After 4 steps the player has a choice between bouncing, performing a toe tap or playing the ball away. It is not permitted to bounce the ball more than once in succession.

KEY TEACHING POINTS

Hold the ball with both hands. Eyes on the ball.

Spread the fingers behind the ball. Extend the arm, pushing the ball to the ground.

Extend both arms towards the ball as it returns. Spread the fingers and cushion the ball into the hands.

Hold the ball securely and bring it into the body.
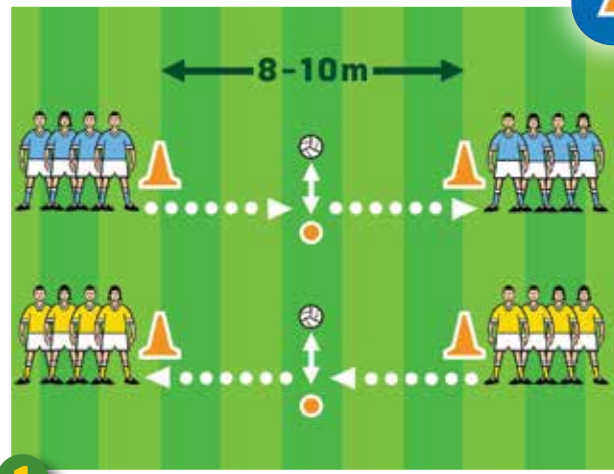
To Coach this Skill use the IDEA method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
A TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- **Bouncing the ball with two hands**
- **Bouncing the ball too softly or too hard**
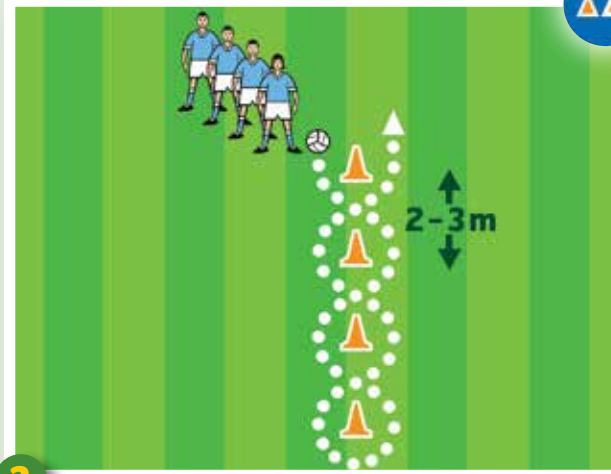- **Attempting to catch the ball with one hand**
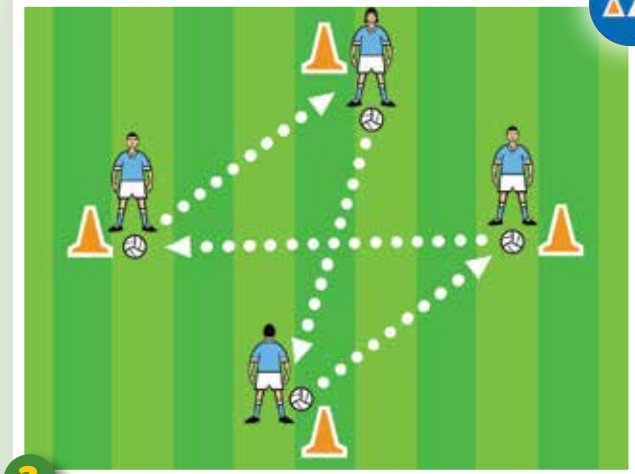
BOUNCE PRACTISE THE TECHNIQUE

8–10m

1 BOUNCE AND MOVE
Divide the players into groups. Player in possession moves forward, bounces the ball and catches before passing to the next player.

2–3m

2 SLALOM BOUNCE
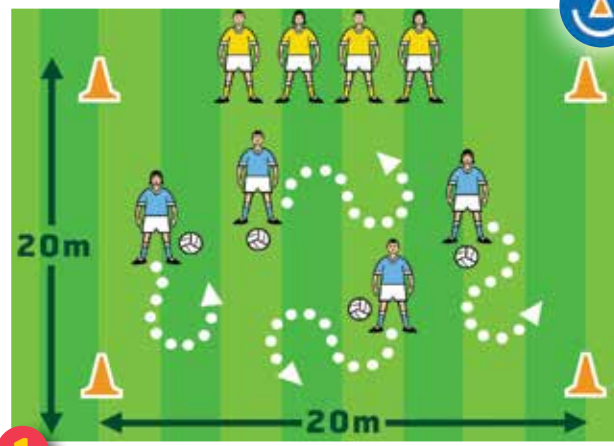Player bounces the ball while slaloming through the cones. Use left and right hands alternately.

3 BOUNCE AND TURN
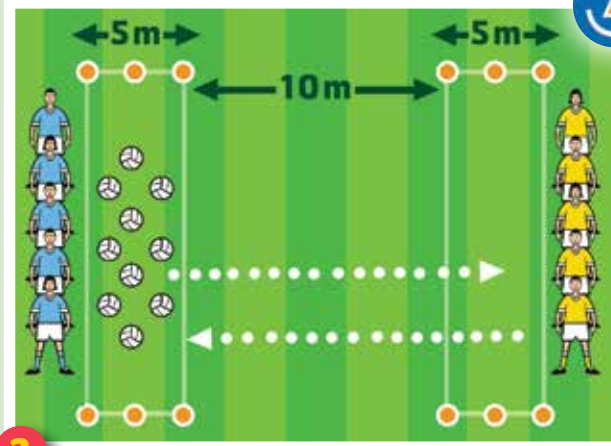Players bounce the ball as they turn around each of the cones randomly.

BOUNCE DEVELOP THE SKILL

20m

20m

1 BOUNCE KING
Players into two teams. Team in possession move around the grid bouncing the ball. Opponents attempt to dispossess.

5m **10m** **5m**

2 GRID SWAP
Players transfer the balls from one grid to another bouncing the ball on the way.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

S pace **T** ask **E** quipment **P** layers

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge

P increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS

Basic Drill	Intermediate Drill	Advanced Drill	Fun Game	Modified Routine	Game Play Drill