



CONTROLABALLS

— PASS CATCH SKILLS SYSTEM —

The Control A Ball pass catch system adds a completely new dynamic to your collective and individual skills practices due to the design and colour of the ball. They all look the same, but when you handle the balls, each one has a different outcome. Players will become far more accurate in order to achieve the correct execution.

The System is made up of five different balls (match, light, heavy, grip-less and unstable). Using the balls within your training session before using a standard ball, greatly enhances player awareness and skill levels. The balls can be used within individual or collective skills drills or team practices, and are coloured green with black trim. This adds to the degree of difficulty as they visually blend in with the grass/3G surface that you are training/playing on.

As the ball design is replicated across all five balls, they are visually identical. This means that the player within the practice does not know what type of ball is being passed to them until they have caught it or they communicate with each other. The player's senses are heightened, bringing a degree of difficulty to the practice, as they know that each ball is different in weight or feel.

Each player's concentration and anticipation must increase, the weight and transfer of the pass and catch must be accurate and the grip and technique within the pass must change because each ball reacts differently within the practice.

The whole concept is one of simplicity. The idea is to train to a degree of difficulty using the different balls within the system, so as when you come back to use the standard specification Match ball, it feels easier.

Introduction

The *Controlaball* System is made up off 5 balls:

The Match Ball

This is the normal weight and grip pattern of the Gilbert Match Ball.

The Heavy Ball

This ball is around 650grams, due to the weight of the ball the player must adapt to catching and passing this ball so that the pass that is given is accurate.

The Light Ball

As above but this ball weighs in at 300grams.

The Gripless Ball

This ball has no grip pattern on it whatsoever so in different conditions it can be very grippy or incredibly slippery i.e wet weather.

The Unstable Ball

This ball weighs in at 400gram+280gram of water, within the pack there is a pump that allows you to fill the inner bladder with water. This makes the ball completely un-stable as the water moves within it.

To ready the Unstable ball simply inflate the ball as normal and place in a sink. Then, ensuring the inflation needle is attached to the pump, and unscrew the handle end to allow you to pour water into the pump. Working quickly and over the sink, add the water into the pump, screw on the handle and then insert the needle into the valve. Depress the handle to push the water into the bladder. Repeat the process until you have added 280 grams of water to the ball. Try not to over fill the ball. If too much water is added, you can remove by inserting the inflation needle into the valve (as you would to deflate it) and hold over a sink with the needle at the bottom of the ball and gentle squeeze the ball to remove some water. Then check the weight and proceed.

The great thing about *Controlaballs* is they can be added to any handling practice, so as a coach you do not need to change all your drills and practices, just add the *Controlaballs* at any time to vary the practice and add a new dimension to your pass catch training.

Elite Performance Skills Coach - Richie Gray (inventor of the Controlaballs System) has put together 6 simple pass catch handling drills to get you started. These drills incorporate different set-ups i.e distance, width and type of pass, reaction work and offloads - and are a great start in using your *Controlaballs* system within your training sessions.

CONTROL A BALLS – Drill 1

Squeeze Box Drill

Number of players : 12+ & 2 Defenders

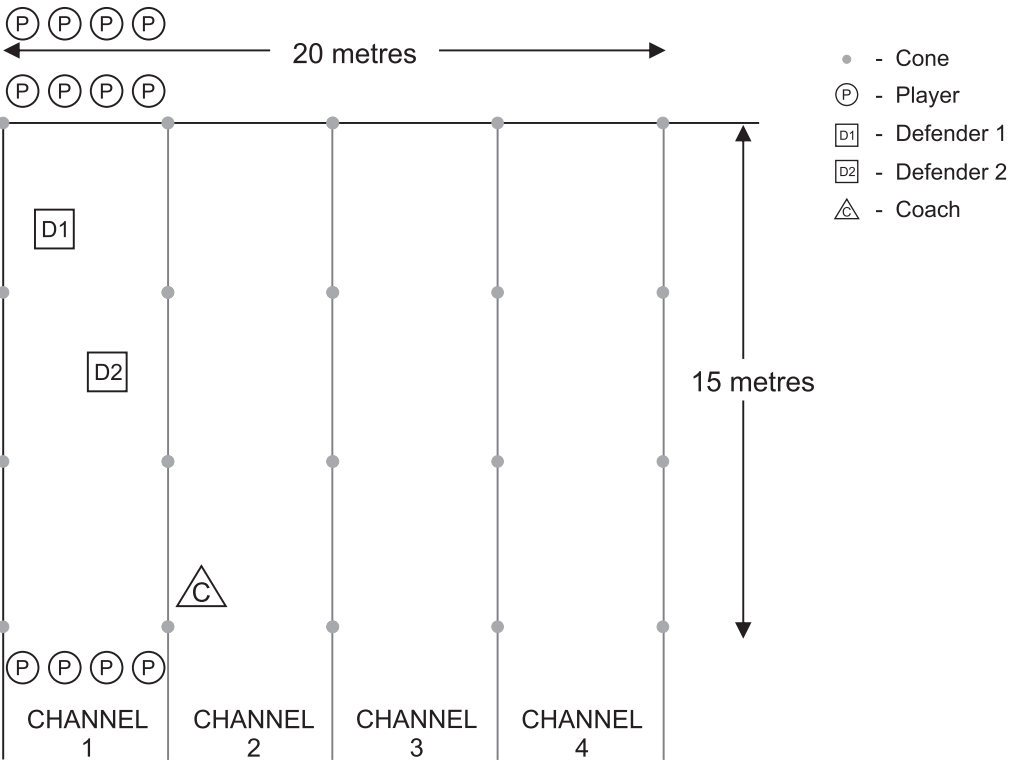
Equipment needed : 20 cones to mark out the passing area

Players work in groups of : 4

Cones are set out as in diagram below to create 4 channels of 5m x 5m boxes in total creating an area of 20m x 15m.

Drill Explanation : The Coach - who can move anywhere within the grid - has the ability to change the length and width of the passing channels as the drill continues. The key to this drill is vision and communication between players as the space that the players are within will widen and shorten as the drill progresses on the coach's command. The coach can use communication or movement only so that players can only use vision as there are no vocal cues from the coach.

Channel 1 – Defenders (D1 & D2) are placed in this channel to create obstacles and pressure, the rest of the channels are width and length pressure.



CONTROL A BALLS – Drill 2

Non-stop Drill

Number of players : 7 +

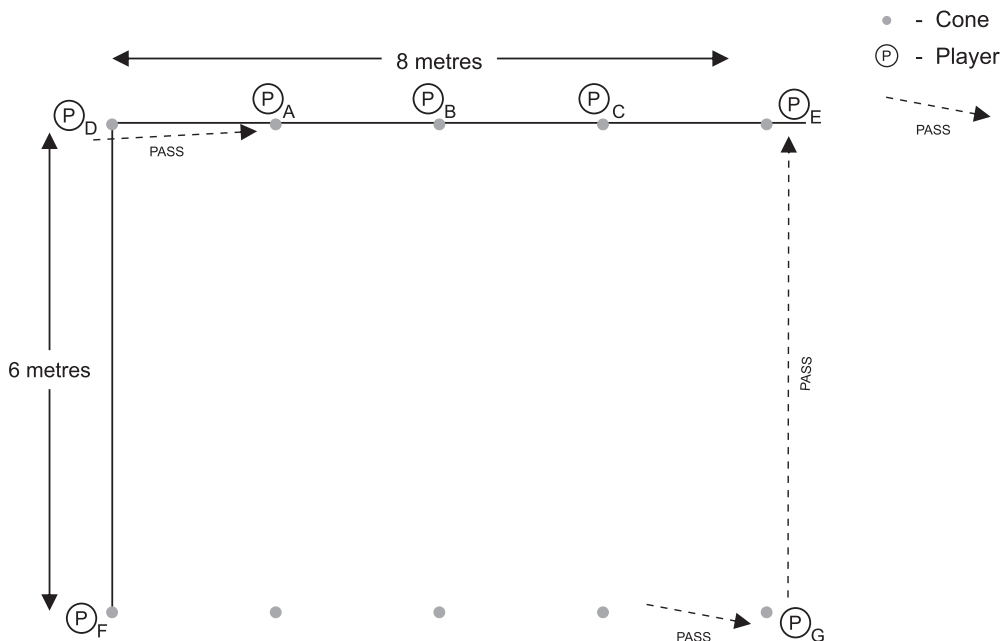
Equipment needed : 10 cones to mark out passing area

Players work in groups of: 3

Cones are set out as in diagram below to create an area of 8m width by 6m length

Drill Explanation : This passing drill has a quick tempo with lots of touches for the players, the players start in 3s (A,B,C) and once the drill starts its continuous, remember to keep changing the middle player (B) in the passing group so every player works in the middle and the outside of the group within the three. The drill starts by the control ball being passed to (A) in the group of 3 by a static passer (D or E) the ball travels along the group of 3 and is then passed onto the second static player (F or G) at the end of the channel. That player then passes the ball back to the starting static passer (D or E) A,B,C leave the top of the grid and go back down the sides and get ready to start again the drill continues.

This is a great drill for inter-changing the control balls so as there is always a different ball being used on every 2/3 rotations.



CONTROL A BALLS – Drill 3

The Restricted Offload Drill

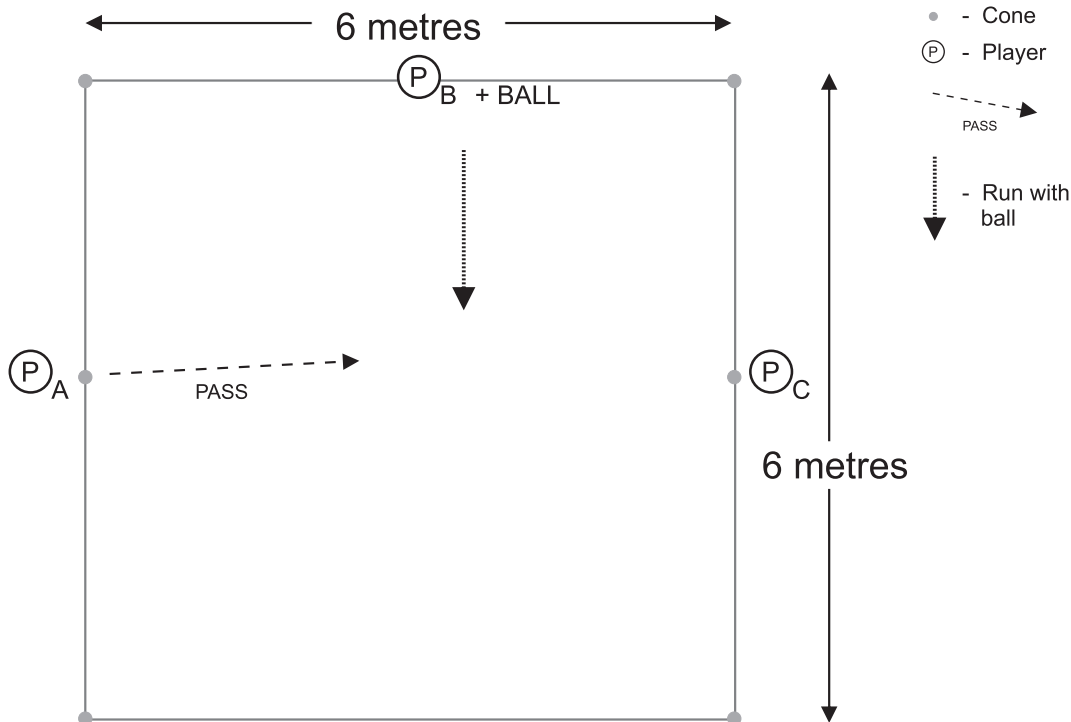
Number of players : 3

Equipment needed : 6 cones to mark out passing area

Players work in groups of 3

Cones are set out as in diagram below to create an area of 6m x 6m

Drill Explanation : The player (B) in the middle of the square works by carrying one ball on the chest in this way it restricts that arm and keeps it out of the catching and offloading movement. The players on the outside (A) or (C) pass to the catcher (B) as they come down the channel aiming at the open chest, in this way the catcher must control the ball being passed to them with one hand and then offload the ball either under or out of the back to the player (A) or (C). Start slowly even if you have to walk until you get the routine of the drill then speed up varying lengths of offload and also the speed the ball is passed to the player (B) working down the grid. Player (B) carries out the offload then runs through to edge of square then returns. Again this is another great drill for changing the controlaballs as the drill continues.



CONTROL A BALLS – Drill 4

The Controlball Chaos Drill

Number of players : 4

Equipment needed : 4 cones to mark out passing area

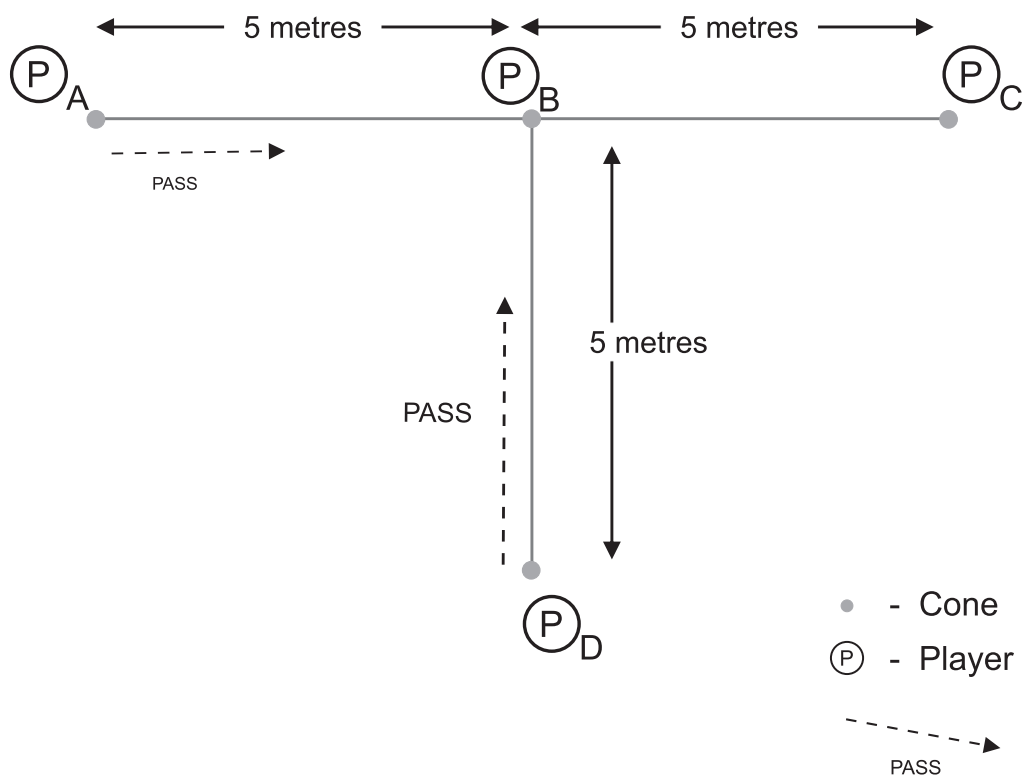
Players work in groups of 4

Cones are set out as in diagram below to create a T shape – 5m x 5m x 5m

(although area can be made smaller or bigger depending on distance of pass required)

Drill Explanation : 3 players A, B, C stand in a line 5 metres apart. Player D stands opposite player DB. The drill will aim to put pressure on player B who has to transfer the ball from A to C but also has to be aware of also passing a second ball back and forward to D. In this way there is pressure on the player from side to side and straight on.

Work for 45 secs then swap roles.



CONTROL A BALLS – Drill 5

Ladders Passing Drill

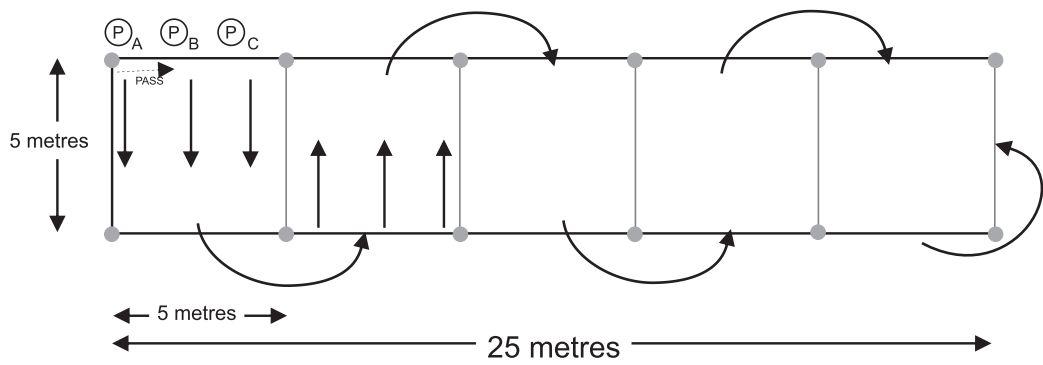
Number of players : 6 - 30

Equipment needed : 12 cones to mark out passing area

Players work in groups of 3 min and 5 max depending on size of passing channel.

Cones are set out as in diagram below to create an area of 5m x 5m x 25m

Drill Explanation : Players work in groups of 3 (A,B,C) putting pressure on the middle player (B), each group has a ball and keeps the same ball from the start to the end of the drill. The group of 3 work across the grid then move into the next grid keeping the same passing positions (A,B,C) until they snake their way to the top of the channel. Once the group reach the top of the channel they finish by coming back down through the channel from top to bottom. As there are a number of groups all working at the same time it creates a number of decisions for players - when to pass and when not to pass, communication, ability to step and evade potential collision within the grids and channels.



- - Cone
 - Ⓟ - Player
- PASS
- RUN DIRECTION

CONTROL A BALLS – Drill 6

The Traffic Drill

Number of players : 12+ (work in minimum of 3s+, can vary drill relating to numbers)

Equipment needed : 10 cones to mark out passing area

Players work in groups of 3s +

Cones are set out as in diagram below to create an area of 20m x 15m

Drill Explanation: Players are set up in groups of 3+ depending on numbers and work in an area 20m wide and 15m in length. Simple shuttle passing either one group at a time or two groups leave at the same time in this way bringing about cross-over in middle of passing grid. Within this drill you can start to develop players communication, making and receiving different types of pass (shoulder, pop, short, medium, long) and you can also shorten or lengthen distance between the passing groups by changing the distance between cones.

