

<b>Topic</b>	The beginner player usually reacts to a ball by kicking it rather than trying to control it. If the player does attempt to control the ball, it tends to bounce off the foot or the leg and is usually recovered by another player. The intermediate player has the ability to get behind the flight of most balls that come within playing distance. The player successfully brings a rolling ball under control using the inside of the foot and makes a good attempt at controlling air balls using the chest. While control is good, the player will often lose composure and the ball when Pressured by opponents.
<b>Country, city</b>	Turkey, Malatya
<b>Name</b>	Football - Control-Receiving
<b>Aim</b>	The aim of the game is simple: score goals. To score goals, your players need to develop both good shooting technique and a positive attitude toward taking shots whenever they have a good opportunity. Players enable themselves and develop good shooting technique and positive attitude by developing good control-receiving skills.
<b>Duration of the lessons</b>	The Warm-Up: 20-30 minutes Specific Practice Workout: 30-40 minutes The Cool-Down: 15-20 minutes
<b>Expertise, experience of trainer</b>	All team members should be closely matched in age. • Within 3-5 years of age for athletes 21 years of age and under. • Within 10-15 years for athletes 22 years of age and over. For example, in football, an 8-year-old should not be competing against or with a 30-year-old athlete.
<b>Age group</b>	8 - 17 ages
<b>Rules</b>	<b>Athlete Can:</b> • Attempt to control ball • Bring rolling ball under control, using inside of foot • Control ball with chest • Control ball with thigh • Cushion ball with chest or thigh • Distribute body weight so that they are able to move backward, forward or sideways • Judge ball flight speed appropriately • Choose the right technique and body surface to control ball
<b>Set of movements</b>	<b>Teaching Control-Receiving</b> In football, the first touch is the most important. The easiest way to receive a ball is with the inside of the foot. The player stands in a relaxed position with their eyes focused on the ball and adjusts their position to remain in the flight of the ball. The nonkicking foot is slightly in front of the other foot. The kicking foot meets the ball and is then immediately withdrawn on the moment of impact. This will generally push the ball away from the player's body. Use the inside of the foot to bring a ground ball under control. All the body weight should be on the supporting leg with the receiving foot raised slightly off the ground. <b>Key Words</b> • Open Up the Foot • Raise the Foot Relax and cushion the ball rather than offer resistance against the ball. The aim is to absorb any pace by meeting the ball with a cushioned touch. The ball is given as large an area to land. The chest, head, thigh or foot is withdrawn as contact is made. <b>Key Words</b> • Soft Foot • Cushion <b>Teaching Cushioning the Ball</b> 1. Player must stand lightly as the ball approaches. 2. Position him/herself in the ball's line of travel. 3. Assess their options, then decide which part of the body they want to control the ball with. 4. Look directly at the ball. 5. Position their nonkicking foot ahead of the ball. 6. Use arms for balance. 7. Bring the striking foot back at the moment of impact. <b>Key Words</b> • Relax • Cushion <b>Receiving a Pass Using Inside of Foot</b> 2. Stiffen or relax the receiving foot so the ball stops about one step away, enabling the athlete to quickly take one step and strike it. It is this step that gives power to the pass. 3. Be sure the receiving foot is 4-5 inches off the ground. If the receiving foot is too low, the ball will pop up and contact the ball on the back part of foot—under the anklebone, not near the toes. Pull the toes up so the foot is parallel with the ground, not pointing downward. If a player cannot remember to raise their foot, have them practice by raising their foot higher than the ball and then bring the foot down in front of the ball to stop it. This will help them to remember. 4. If you want the ball to go to the left or right, instead of straight in front, the athlete must angle their foot and contact the ball more in front or behind, depending on whether they want the ball to go left or right. <b>Receiving with the Outside of the Foot</b> Players may also control and receive the ball with the outside of the foot. As with the inside of the foot, the player is aligned with the flight of the ball. The trapping foot is brought in front or across the plant leg so that the outside of the foot faces the ball. The toe is pointed slightly at the ground, the ankle locked. <b>Receiving with the Thigh</b> Player is balanced and stays in line with the flight of the ball. The player raises his thigh to a 90-degree angle with the ball. As the ball makes contact with the thigh, the knee drops toward the ground to create the cushioning effect. <b>Receiving with the Chest</b> In receiving the ball with the chest, the player is also in line with the flight of the ball. Using the arms for balance, the player bends backward to get his chest underneath the ball. As the ball contacts the chest, the knees bend slightly to absorb the momentum of the ball, cushioning the ball down to his feet. Here the athlete's chest is too far forward and does not create a desired cushion for the ball. Work on getting the player to not stick his chest out but, instead, to arch his back. The athlete needs to bend backward more from the waist
<b>Equipment</b>	Players must wear appropriate football attire to train and compete successfully. Inappropriate uniforms and equipment can impact a player's ability to play the game and, in some cases, may be a safety hazard. Teams dressed in good looking and properly-fitted uniforms are more likely to be motivated to train and play as a team. <b>Hardware:</b> Balls, scrimmage vests, cones, whistle, clipboard <b>Special clothing:</b> Shirts, shorts, socks, shin pads, shoes and sweatshirts. <b>Any other material:</b> First-aid kit.
<b>Required space</b>	Astroturf or grass pitch and that are properly supervised usually have the equipment described before. The equipment is kept in view at play field.
<b>Inclusive experience</b>	No inclusive experience is needed as all practices are.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
<b>Hearing impairment</b> <b>Complete loss</b>	Once the basic techniques have been mastered, the coach moves on to more advanced techniques and skills. These techniques and skills concentrate on improving control in pressure situations (for example, defenders coming from the side, front, back), control while moving at pace, control which involves an immediate layoff and controlling the ball for a teammate. The ball is received constantly from all angles, speeds, heights and surfaces.	Players with hearing impairments can learn from the coach, who can demonstrate the technique, break it down and practice the individual elements and, eventually, practice the whole technique.	x	x
<b>Reduced hearing</b>	There are three important points for good ball control for players who have low vision impairment: 1. The first touch protects the ball from challenging players and does not give them a chance to regain possession. 2. Play the ball into available space to allow for the next touch. 3. Allow the game movement to start or continue by gaining or keeping momentum.	Players with hearing impairments can learn from the coach, who can demonstrate the technique, break it down and practice the individual elements and, eventually, practice the whole technique. (depends on %)	x	x
<b>Visual impairments</b> <b>• Low vision</b>	There are three important points for good ball control for players who have low vision impairment: 1. The first touch protects the ball from challenging players and does not give them a chance to regain possession. 2. Play the ball into available space to allow for the next touch. 3. Allow the game movement to start or continue by gaining or keeping momentum.	A poor first touch will risk taking the momentum out of play and increase the possibility of losing possession. Some players make the mistake of killing the ball dead and not concentrating on getting it out of their feet. The first touch is meant to ensure that a time wasting second touch is not needed to get the ball out and ready for the next action. The general technique for controlling the ball requires several simple skills which can be acquired through correct training practices.	x	Adapted ball with sound Adapted facilities with bright colours and contrast
<b>• Reduced vision</b>	Encourage the player to exaggerate the movement, especially the relaxation phase, first without the ball and then using gentle service, eventually building up service difficulty. Try using smaller or lighter balls.	The ball bounces off the player and control is lost.	x	Adapted ball with sound Adapted facilities with bright colours and contrast
<b>No vision</b>	Encourage the player to exaggerate the movement, especially the relaxation phase, first without the ball and then using gentle service, eventually building up service difficulty. Try using smaller or lighter balls.	The ball bounces off the player and control is lost.	x	Adapted ball with sound Adapted facilities with bright colours and contrast
<b>Mobility impairment</b> <b>Reduced mobility</b> <b>(use of lower limbs and upper limbs)</b>	Encourage the player to relax and exaggerate the movement. Repeated practice using passes from different distances with varying intensity.  Specific Event Workout 15-20 minutes. Conditioning or Fitness Workout 15-20 minutes	The player does not get the ball out of their feet and needs a second touch.	x	Smaller sized ball
<b>Reduced mobility</b> <b>(use of lower limbs and no use of upper limbs)</b>	Encourage the player to exaggerate the movement, especially the relaxation phase, first without the ball and then using gentle service, eventually building up service difficulty. Try using smaller or lighter balls.  Specific Event Workout 15-20 minutes. Conditioning or Fitness Workout 15-20 minutes	The ball bounces off the player and control is lost.	x	Smaller sized ball
<b>Reduced mobility</b> <b>(no use of lower limbs and no use of upper limbs)</b>	-	-	-	-
<b>Wheelchair users</b> <b>(use of upper limbs)</b>	-	-	-	-
<b>Wheelchair users</b> <b>(no use of upper limbs)</b>	-	-	-	-

<b>Communication impairment</b> <b>Speech impairments</b>	x	x	x	
<b>Learning impairment</b> <b>• Mild</b>	Repeated practice using passes from different distances with varying intensity. The coach must encourage player to keep their eyes on the ball at all times and get their body in line.  Each session need to be max 30 min.	Ball path has been misread and the player has missed the pass.	x	Adapted ball in different sizes
<b>• Moderate</b>	Player shouts the type of body surface they will use. The server provides the pass and vice versa until the player gets the right feeling for the choice of technique.  Each session need to be max 25 min.	Player is indecisive when choosing controlling body surface.	x	Adapted ball in different sizes
<b>• Severe</b>	Encourage the player to relax and exaggerate the movement. Repeated practice using passes from different distances with varying intensity.  Each session need to be max 20 min.	The player does not get the ball out of their feet and needs a second touch.	x	Adapted ball in different sizes

