

## Thigh control

Players should be comfortable dealing with balls at whatever height they arrive – and that means being able to control a ball that's too low to chest or head, and too high for the feet.



What you tell your players the session is about

1. Better ball control.
2. Good first touch.
3. Creating time.

### Session planner

Warm up 10 mins	Session 10 mins	Developments 10-15 mins	Game 15-20 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Balls	Static and dynamic stretching, gentle running and ball work
The session	Balls	Developing a feel for controlling ball with the right area of the thigh
Development	Balls, disc cones	Getting a feel for how to use thigh control when facing different kinds of service
Game situation	Balls, disc cones, pyramid cones	Learning to pick correct controlling surface and executing the correct technique in a game situation
Warm-down	Balls	Static stretching for longer, gentle ball work



### Where it fits

Individual skills: Ball control

Team skills: Passing

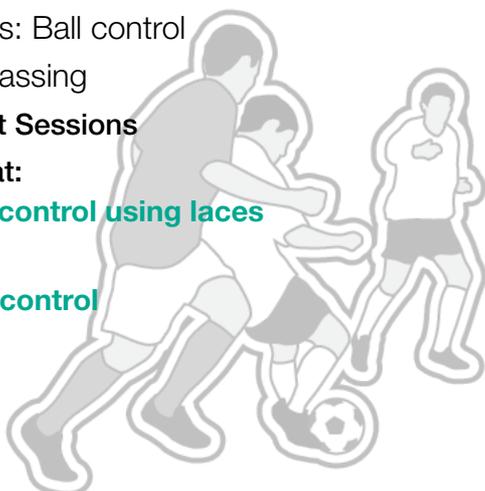
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### What to think about

- Move into position to intercept the ball early.
- Use the soft, fleshy part of the thigh, about halfway up the top of it – and stay away from the knee.
- Withdraw thigh slightly upon impact to cushion the ball and allow it to fall gently.
- A good service is vital.





## Set-up

- 1 ball per player.



## What you get your players to do

Each player holds the ball up about chest or neck high, and allows it to fall, controlling the ball with the thigh. Try 10 times before using the other thigh.

Now have players throw the ball up above head height and control the ball using the thigh.



## What to call out

- “Kill the ball instantly, don’t let it bounce up high off the thigh”
- “Relax – be a cushion”
- “Stay balanced and be light on your toes”
- “Keep your head steady”



## Development

1 ball between 2 players. Set up 2 cones 5 metres apart with a server kneeling at one of them.

The receiving player jogs towards the server from the other cone, controls the ball with the thigh and returns it to the server on the second touch.

The receiving player returns to their start position, moves around the other side of the cone and repeats the drill using the other leg.

After, say, 10 attempts, the players switch roles.



## Game

Two teams of no more than 4v4 play tennis on a court (approx 15 x 8m depending on number of players, age and ability) with a net halfway.

One player from Team A serves the ball from deep in their half across the net by bouncing and volleying it.

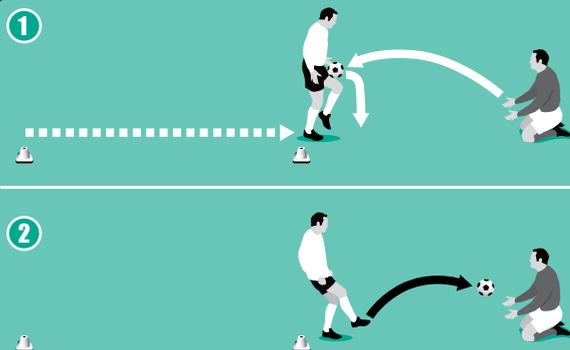
Using any part of their bodies apart from the hands, players from Team B combine to control the ball, juggle, pass and return it over the net, but must only let the ball bounce a maximum of three times. Teams score points every time the ball is returned over the net and into the other half of the court successfully.

# Thigh control

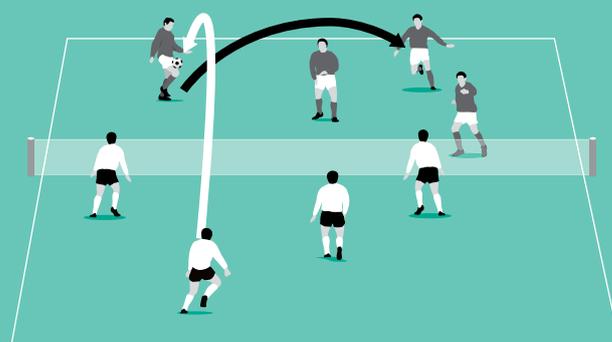
player movement serve/pass   
half volley



Practice the technique by having players serve themselves.



Players move towards the ball and control with their thigh before passing.



Play a game of soccer tennis to finish.