



General: Slaps, Taps, and Wraps

OBJECTIVE: Ball familiarization on the finger pads.

INSTRUCTIONS:

1. Ball slaps:

- Hold the ball in one hand above the knees, then slap the top of the ball vigorously with the finger pads of the other hand. Switch the slapping hand after 10 slaps.
- Then switch where the ball is held:
 - Way out in front
 - Above the head
 - Out to the side
 - In close to the chest

2. Ball taps:

- Hold the ball above the head in one hand with the arm outstretched.
- Pass (tap) the ball back and forth between the hands (finger pads) rapidly.
- Vary the pathway above the head (forward and backward, side to side).
- Tap the ball against the wall.
- Vary the direction the chair is facing.

3. Ball Wraps:

- Rotate the ball in a circle around the head. Switch directions after 10 circles.
- Rotate the ball around the body (behind the back then out front). Switch after 10 circles.

Activity Rules / Games Approach:

- Set a goal for the number of repetitions of each ball familiarization activity. Top 2 or 3 finishers add two to the goal for the next activity.

Coaches Key Points:

- Players should ensure contact and absorb the ball with the finger pads.
- Players should keep the head up with the eyes looking around the court, and not at the ball.
- Players should focus on keeping the hand under the ball for best control.

Variations/Loading:

- Perform all activities while moving.
- Use different size and weight of balls.

Mental:

- Players should narrow internal focus to determine the 'feel' of the ball. Create the sense of being connected with ball.