

Enhances:

- ✦ Balance.
- ✦ Landing Techniques.
- ✦ Jumping Ability.
- ✦ Body Control.
- ✦ Execution Skills.



Patent Pending

Promotes the development of both physical and psychological techniques required for creating an enhanced awareness of individual capabilities.



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Keep your eye on the ball



SMART AWARD WINNER 2008

**WORKING IN CONJUNCTION WITH
THE UNIVERSITY OF ULSTER**



INOVATIVE AND

UNIQUE

**A revolutionary
new ball skills
training enhancer that
STRENGTHENS**

- ✦ Fingers
- ✦ Hands
- ✦ Wrists
- ✦ Arms
- ✦ Upper Body
- ✦ Legs

Soccer Skills Enhancer

Kure The ills, Perfect Your Skills!

Ketchup ball skills is specially designed to enhance head, hand and foot skills. It is also instrumental in developing motor and plyometric skills and mental awareness in Soccer. It will dramatically enhance the full spectrum of skills required to perfect the techniques of the high catch and heading skills.

This is achieved by utilising new and innovative methods that enable correct skill application, eliminating any ball waiting habitual problems enhancing development, ensuring that the user must jump/reach/stretch and catch or head allowing him/her to work at the upper end of their ability every single repetition. This combination of movements known as plyometrics produces a powerful stretch reflex that activates the

relevant tendons and muscles required to execute this manoeuvre. This set of exercises is **now** recognized as beneficial for athletes around the world.

By using Ketchup ball skills on the practice pitch it will instill confidence in the user's own ability allowing them to translate on to the competitive playing arena.

Develops:

★ **Hand to Eye Coordination**

★ **Plyometric Skills**

★ **Motor Skills**

★ **Confidence**

★ **Aerial Superiority**

Bench Mark Heights



Allows user to monitor their progress, creates healthy competition - rising skill levels

5 in 1
5 skills executed every single repetition.

1. Jumping, catching or heading the ball enhances hand to eye/eye to ball coordination.
2. Gripping/ pulling the retractable ball strengthens fingers/ hands/ wrists/ arms, essential ingredients required for gaining and retaining ball possession.
3. Jumping/stretching/reaching/ pulling the retractable ball strengthens upper body, vital for aerial domination.
4. Repetitive jumping builds spring, creating explosive reactions, (plyometrics) dramatically improving height jumped and height reached.
5. Repetitive landing enhances balance and body control, reducing injury risk.

