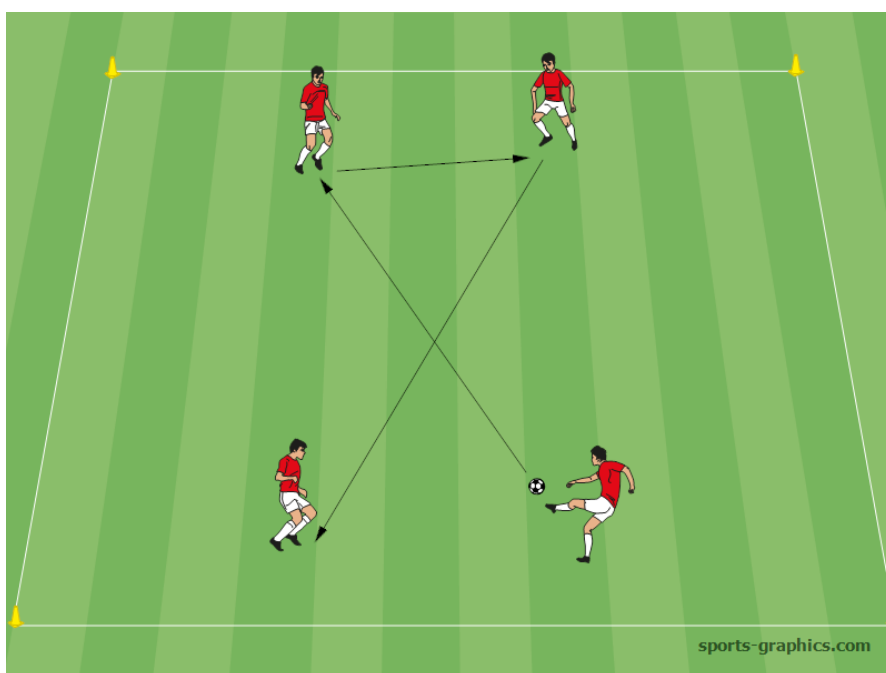


AERIAL BALL CONTROL IN PAIRS

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving



First Touch

Aerial passing over 20-40yds.

Four players work as a unit unopposed to set each other and deliver the ball to the other end players.

Two players from each team stand at either end of the area.

The practice starts with a player passing the ball in the air to one of the players at the opposite side.

The receiving player controls the ball and lays it to their teammate who returns the ball.

The practice is a continuous rotation.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

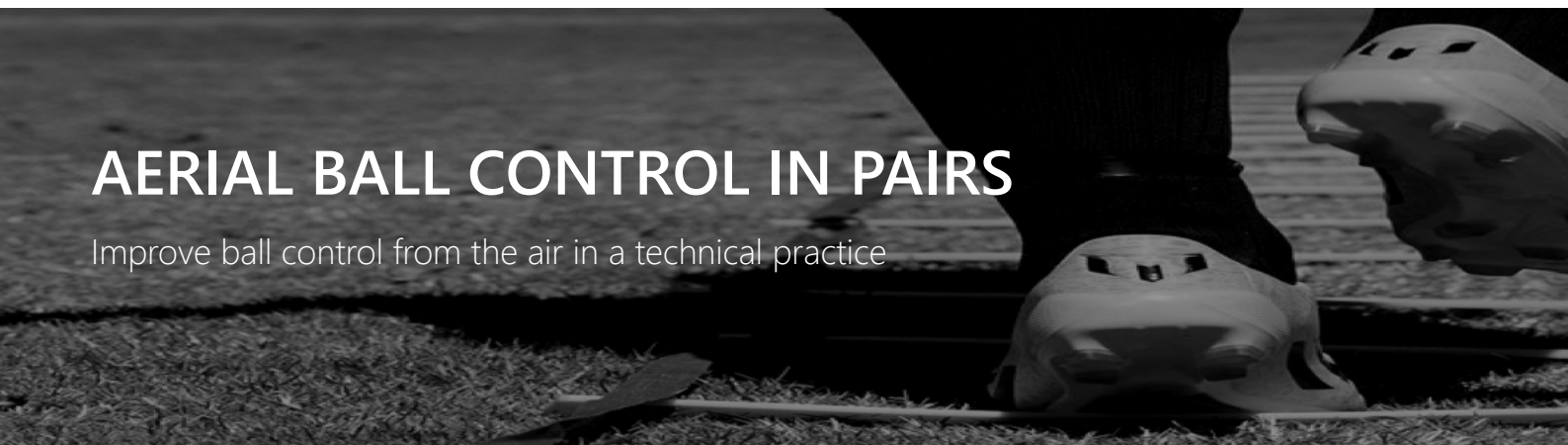
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.

KEY FACTORS

- Early decision of controlling surface
- Head up
- Move in line of the ball
- Quality of pass
- Technique - cushion/wedge

FOCUS AREAS

- Execution and weight of pass.
- Good first touch using the appropriate surface to control the ball.
- Movement at an angle to receive.
- Quality of the ball control (first touch).



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