

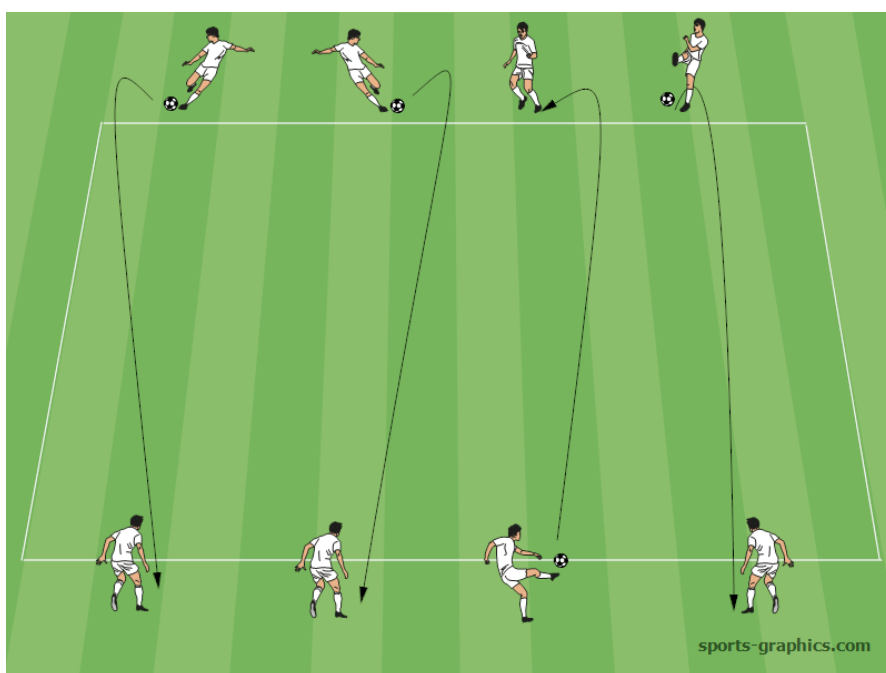
AERIAL CONTROL IN PAIRS

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving

First Touch



Practice in pairs with one ball per pair. Each player stands on the edge of an area sized appropriately to the number of players (eg. 10 players = 20x20 area). Players use a lofted pass to their partner, who receives at the opposite side. The receiving player controls the ball on their first touch and lofts the ball back to keep a continuous flow. Vary the distance between the players when necessary. This practice can be used for receiving with all surfaces - chest, thigh and feet.

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

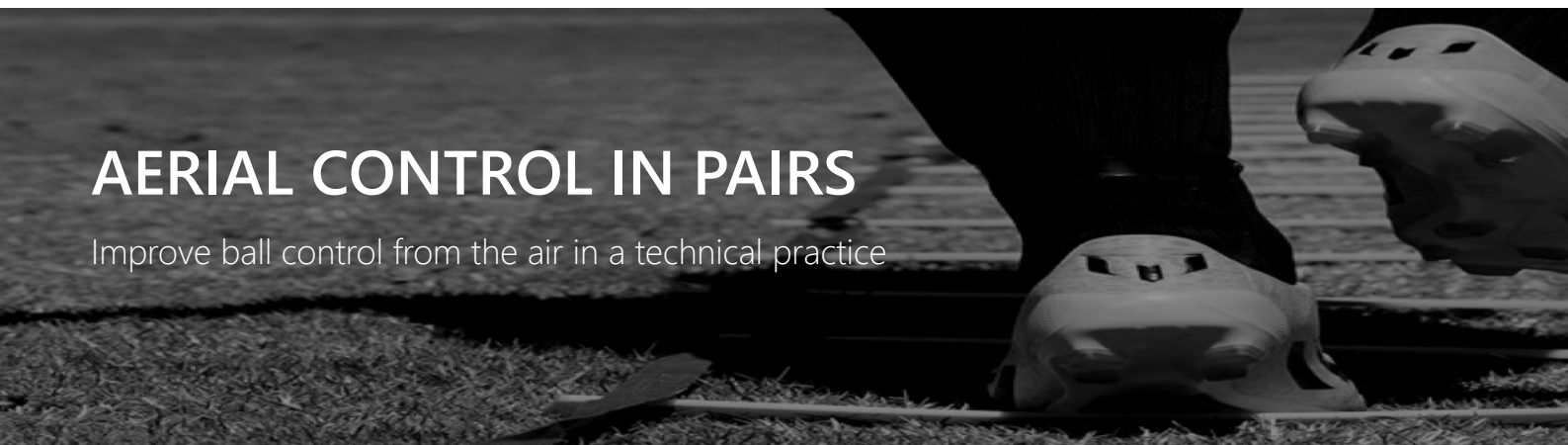
- Develop technical ability with receiving a ball from the air.
- How to select the contact surface.
- Technical refinement of how to receive.
- Technical refinement of passing technique.

KEY FACTORS

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

FOCUS AREAS

- Correct faults on and off the ball.
- Good first touch using the appropriate surface to control the ball.
- Range of controlling surfaces chest, thigh, cushion (instep), wedge (half volley), trap and hold, head (cushion header).



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