

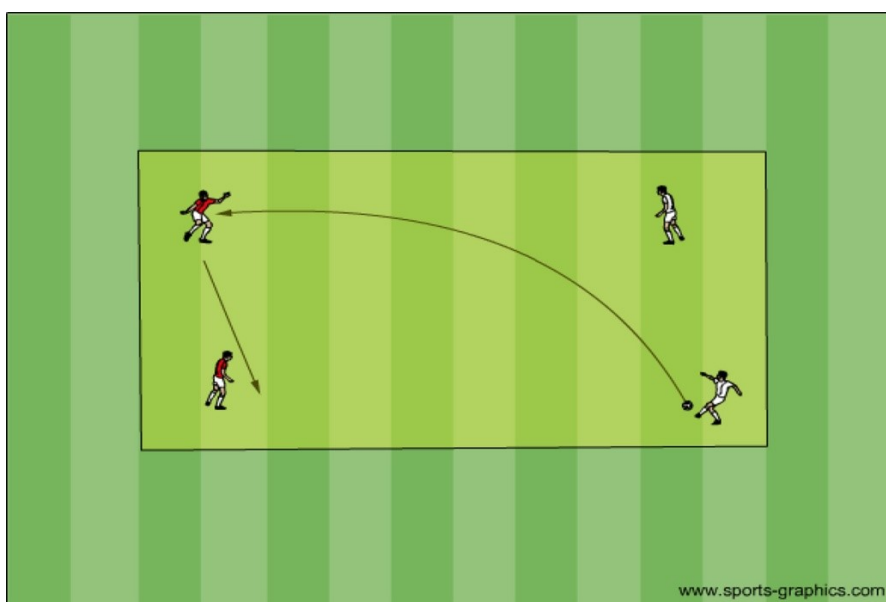
AERIAL PASSING AND CONTROL IN PAIRS

Improve ball control from the air in a technical practice

TECHNICAL

Ball Control - Receiving

First Touch



Aerial passing over 20-40yds.

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

The player receiving the pass must control the ball and lay off for their partner to pass to the opposite side.

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

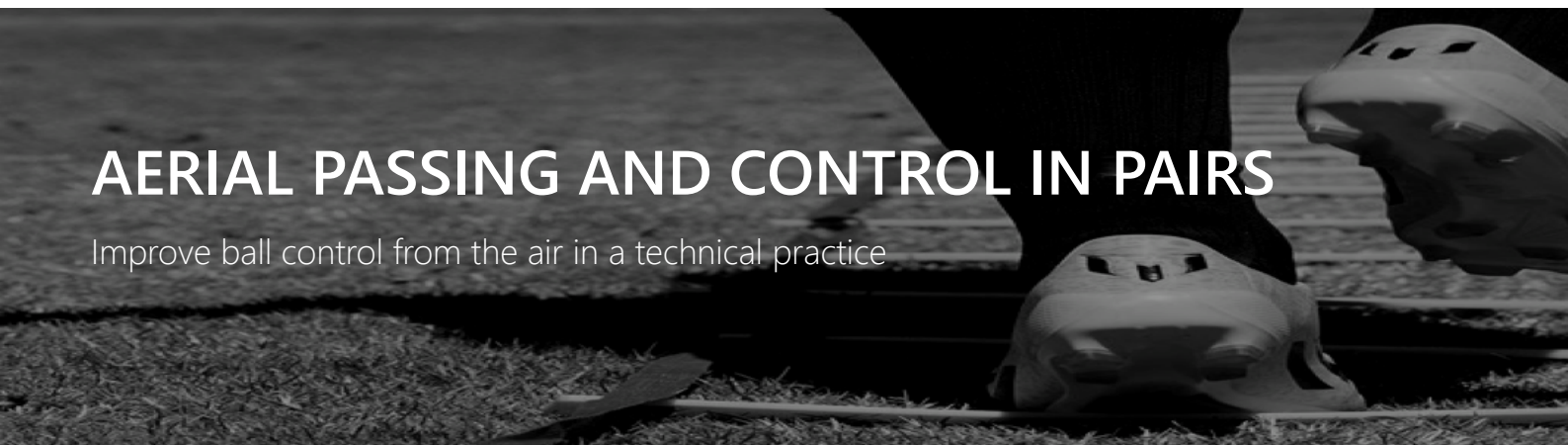
- Develop technical ability with receiving a ball from the air.
- Technical refinement of how to receive.
- Technical refinement of passing technique.

KEY FACTORS

- Communication
- Head up
- Quality of pass
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- Ensure a good position in which to observe all the players and affect performance with good demonstration.
- Execution of the control - relax on impact.
- Good first touch using the appropriate surface to control the ball.
- Good technical execution by all players.
- Quality of the ball control (first touch).
- Quality of the pass - weight, accuracy and timing.



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