

Topic: **Aerial Control (1)**

Objective: **To teach how to control aerial balls and meet balls in the air**

**Session Part: Technical Warm-up**



**Session Part: Small Sided Game**



**Session Part: Expanded Small Sided Game**



**Session Part: Game**



Organization	Time:
<p>Area: Circle (30 yard diameter)</p> <p>Numbers: 10+</p> <p>Split the group in half and put half on the outside of the circle with soccer balls and half inside. Players on the outside will throw the ball (underarm to begin with) to a player on the inside. Specific body parts should be issued to control with (Chest, thigh, inside/outside foot cushion/trap). Player controls and returns.</p>	15
<p><b>Progressions</b></p> <p>Throw the ball like a Throw In                      Let players interpret flight of ball and what body part to use                      Return the ball with an aerial pass/volley                      Receive on the turn and play to a different player</p>	<p><b>Coaching Points</b></p> <p>Body across the line of the ball                      Retract body part on connection to cushion                      First touch should allow you to turn when trapping with inside/outside of foot/chest</p>
<p>Organization</p> <p>Area: 40x30</p> <p>Numbers: 10</p> <p>4v2 +4. 4v2 on the inside of the grid with a target player at each end and 2 wide players. Team of 4 are looking to receive the ball from a target or wide player and play to a target player without losing possession to score a point. They can pass to the wide players who then pick the ball up and perform a throw in back to the team in possession. Target players play in with a short punt.</p>	20
<p><b>Progressions</b></p> <p>A direct volley from a wide players throw in or target players punt results in 3 points</p>	<p><b>Coaching Points</b></p> <p>Movement while ball is in flight - don't try to wrap foot around a ball that player could get body behind                      Ability and decision to either cushion or take in motion</p>
<p>Organization</p> <p>Area: 30x30</p> <p>Numbers: 14</p> <p>5v5 +4 bumpers at either side of both goals playing in the final third of the field. The objective is to play the ball into the end players for them to play a cross in to finish. A pass must be played into bumper before a shot can be taken. End player must attempt an aerial pass back into the grid (may perform throw in if aerial passing is difficult)</p>	25
<p><b>Progressions</b></p> <p>Players can only score first time from the end player (Volley or Head *If team is U12*)                      Ball must be controlled to the ground before you can shoot</p>	<p><b>Coaching Points</b></p> <p>Movement after passing into bumper                      Approach to aerial ball                      Decision to bring down or take in the air</p>
<p>Organization</p> <p>Area: Full Field</p> <p>Numbers: 9v9</p> <p>3-1-3-1 vs 3-1-3-1                      Giving room on the wings for wide players to get crosses in and space on throw ins.                      Lots of central players to attack crosses/punts which are often central</p>	30
<p><b>Progressions</b></p> <p>Keep field wide and encourage crosses                      Ensure aerial passes/throw ins are met in the air</p>	<p><b>Coaching Points</b></p> <p>Spatial awareness to decide how to control the ball and in which direction                      Forwards movements in the box to find space to run onto an aerial ball</p>