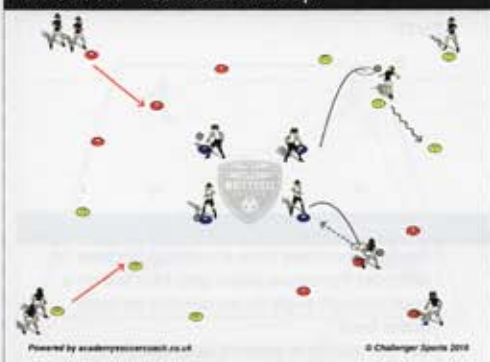


Topic: Aerial Control (2)

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

**Session Part: Technical Warm-up**



**Organization** **Time: 15**

**Area:** T shape with a feeder 5 feet off the top of the T  
**Numbers:** 12  
 In groups of 3 players check to the center point of the 'T' to control a ball served in by the feeder. Go through a variety of dynamic controls; inside/top of foot, thigh, chest, return volley, control and volley etc. as 2 players rotate checking to and from the ball.

**Progressions**      **Coaching Points**  
 Control the ball out of the air to turn. Use the right and left cones to use the 1st touch to take the ball out of the air and in a different direction.      Reacting to the ball in the air, don't raise leg etc. before ball has been served  
 Get body behind the ball, use good foot movement to move to the ball, don't 'reach' for it

**Session Part: Small Sided Game**



**Organization** **Time: 20**

**Area:** 20x20  
**Numbers:** 8  
 3v3 to targets. Players aim to get the ball to their target players as quickly as possible. Players work to be first to the ball, get it out of the air and to their target player. Players have 15 seconds for each ball. Each time a ball gets to the target/trigger or they take longer than 15 seconds, the other target/trigger player plays in a new ball with the aim of getting repetition in controlling the ball out of the air.

**Progressions**      **Coaching Points**  
 Cannot control the ball with same part of body as you did last time      Ability and decision to either cushion or take in motion  
 Movement and timing of approach

**Session Part: Expanded Small Sided Game**



**Organization** **Time: 25**

**Area:** Half Field  
**Numbers:** 5v5  
 4v4 to goal with goal keepers and wingers in channels. Even numbers with wide options. The winger can serve in crosses or quick throw ins. Goal Keepers distribute with punts or aerial throws.

**Progressions**      **Coaching Points**  
 If a player can serve a ball to their team mate for a volley/half-volley it is worth 2 goals      Approach to aerial ball  
 Decision to bring down or take in the air

**Session Part: Game**



**Organization** **Time: 30**

**Area:**  
**Numbers:** 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

**Progressions**      **Coaching Points**  
 Keep field wide and encourage crosses      Spatial awareness to decide how to control the ball and in which direction  
 Ensure aerial passes/throw ins are met in the air      Forwards movements in the box to find space to run onto an aerial ball