

Topic: **Aerial Control**

Objective: **To develop confidence when receiving the ball in the air and understand control options.**

Session Part: Warm-up



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Session Part: Technical Fundamentals



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Session Part: Game Scenario



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Session Part: Small Sided Game



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Organization		Time:
Area:	25x20	10
Numbers:	12 Players	
<p>1 player - 1 ball each in space. Coach assigns juggling levels for players to complete; Level 1. One bounce - laces juggle. Level 2. Thigh juggles - no bounce. Level 3. One bounce - inside volleys.</p>		
Progressions	Coaching Points	
<p>Players pair up - 1 ball between 2. Practice together - 1 server - 1 receiver. Set individual challenges for players.</p>	<p>Players on their toes when juggling. Soft touches with good bounce. Cushion the ball with surfaces of the foot. Relax when connecting with the ball - firm ankle.</p>	
Organization		Time:
Area:	25x20	20
Numbers:	12 Players	
<p>2 equal groups - players numbered 1 & 2. Player 1 begins in the middle of the area without a ball - Player 2 spread around outside with a ball. Player 1 works for 1 minute receiving the ball in the air from servers around the outside. Player 2 (servers) throw the ball underarm to player 1 when they call for the ball. Two touches to control and pass back.</p>		
Progressions	Coaching Points	
<p>Rotate players. Use of both feet. Different body parts to control the ball. Build into 1 touch play. Increase receiving distances.</p>	<p>Good throws from servers. Get in line with flight of the ball. Soft first touch to control the ball. Quick pass back to server. Sharp movement to the next server.</p>	
Organization		Time:
Area:	30x35	15
Numbers:	12 Players	
<p>6v6 Soccer Tennis. Line of cones down the center of the field acting as a net. Coach has a healthy supply of soccer balls at the side of the field. A player from team 1 serves the ball to their team mate who transfers an aerial pass into the other team. Team 2 are allowed to let the ball bounce twice/three times before returning the ball to team 1.</p>		
Progressions	Coaching Points	
<p>One, two or no bounces allowed. Smaller groups 3v3. Increase/decrease distances between teams. Rally system - players follow pass over the line.</p>	<p>Communication between team mates. Get in line with flight of the ball. Support from team mates. Good weight of first touch and return passes.</p>	
Organization		Time:
Area:	40x35	15
Numbers:	12 Players	
<p>6v6 - 4v4 in the middle zone. 2 target players at either end of the field. Play begins in the middle zone where teams attempt to make 3 passes. Once 3 passes are completed - the team attempt to play a long ball into target players. Rotate target players every 5 minutes.</p>		
Progressions	Coaching Points	
<p>Play 5v5 with only 1 target player. Create small zones for target players. Increase number of passes before the long pass. Max 2 touch for target player who joins in play.</p>	<p>Teamwork and communication. Passing options and angles. Passing technique. Soft touch to control the ball. Awareness of next pass before receiving.</p>	