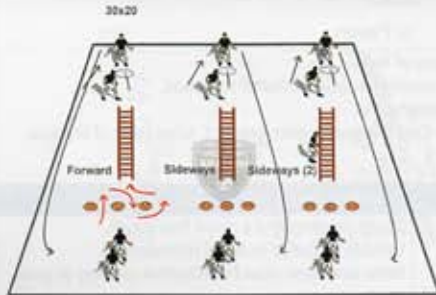


Topic: **Aerial Control**

Objective: **To improve controlling the ball over different surfaces and using different body parts.**

Session Part: Warm-up



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Organization **Time: 10**

Area: 30x20
Numbers: 12 Players
 3 equal groups of 4 players - 3 ladders - 3 sets of cones - 1 ball per group.
 First player in each group performs specific footwork movement through cones and ladder.
 Approaches the server with the ball in their hands. Server throws the ball for player to control.
 Player controls the ball and passes back to the server who then switch roles.
 Server rejoins the back of the line - next player sets off and repeats.

Progressions	Coaching Points
Change footwork movements through equipment. Types of control; 1. One bounce, inside volley. 2. No bounce, inside volley 3. No bounce, thigh, bounce, volley.	Judge the flight of the ball and get in line with it. Use of different foot surfaces. Cushion the ball with a good first touch. Lock the ankle when volleying for accuracy.

Session Part: Technical Fundamentals



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Organization **Time: 15**

Area: 30x20
Numbers: 12 Players
 Players split into groups of 3 - 1 ball per group.
 Player 1 begins in the center of players 2 and 3 who are 20-25 yards apart.
 Player 1 approaches player 2 who serves the ball underarm to player 1.
 Player 1 controls, turns and passes to player 3.
 Player 2 then travels to player 3 at the other end and continues to exercise for 1 minute.

Progressions	Coaching Points
Rotate central player working for 1 minute. Introduce different surfaces to control the ball; 1. 1 bounce, half volley. 2. Thigh control, half volley. 3. Chest control, half volley.	Angle of approach to the ball. Adjust body position to flight of the ball. Cushion the ball with a good first touch. Aim to volley back into servers hands. Underarm serves from throwers important.

Session Part: Game Scenario



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Organization **Time: 20**

Area: 40x30
Numbers: 12 Players
 3 equal teams of 4 players.
 3 equal sized zones that each team is stationed in.
 Team in the middle are the defending team and work for 2 minutes. 1 player can enter the end zones.
 End zone teams must make 3 passes before attempting to transfer to team in the opposite end.
 Rotate the defending team every 2 minutes.

Progressions	Coaching Points
Add goals for defenders to score in. Increase/decrease amount of passes needed. Introduce points for successful control from the long ball and add an element of competition.	Long ball striking - good technique. Receiving player gets in line with flight of ball. Cushion the ball using required body parts. Assess passing options before receiving.

Session Part: Small Sided Game



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Organization **Time: 15**

Area: 50x40
Numbers: 12 Players
 6v6 - 2 goalkeepers.
 2 channels either side of the field which is out of bounds.
 If the ball goes out a player restarts the play with a throw in to improve aerial control.
 The coach will also play in additional soccer balls in the air - 2/3 balls playing at one time.
 Encourage long passing from defenders/goalkeepers into forwards to also improve aerial ball control.

Progressions	Coaching Points
Overload teams to create more time on the ball. Defenders/goalkeepers must play long ball. Add points for successful aerial control. Free play.	Assess aerial ball control options. Be aware of the next pass before receiving. Support from team mates when ball in travelling.