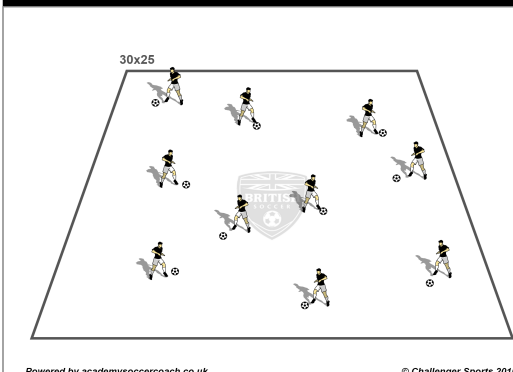


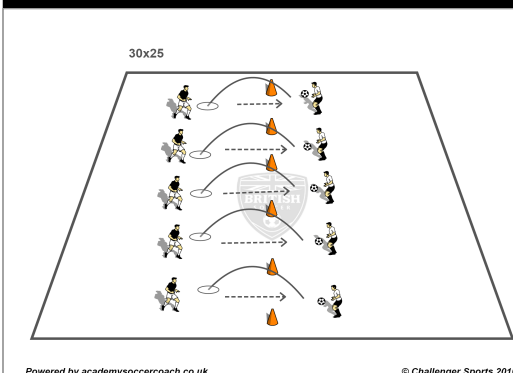
Topic: Aerial Control

Objective: To gain an understanding of how to control aerial balls with a cushioned first touch.

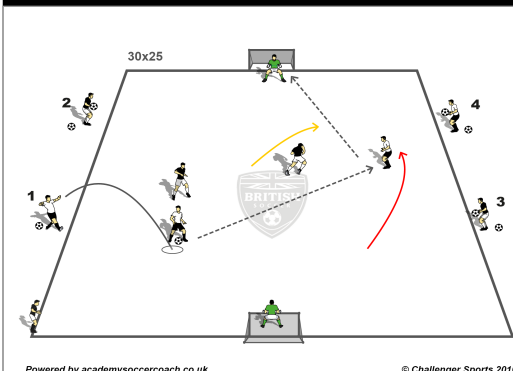
Session Part: Technical Warm-up



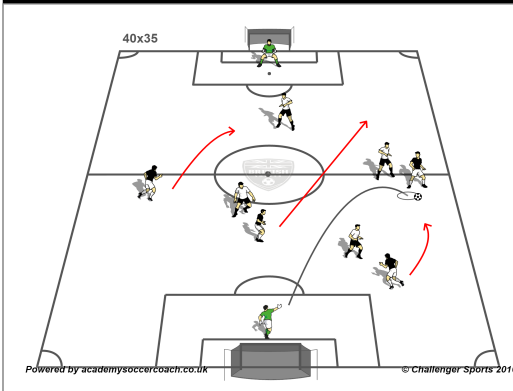
Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization		Time:	10
Area:		30x25	
Numbers:		10 Players	
- 1 player - 1 ball each. - Players begin the warm up dribbling/running the ball inside the area. - Coach introduces some ball mastery skills for players to execute. - On coaches call, players pick up their ball & throw it head height before controlling in the air. - Introduce players to controlling with the laces, instep and thigh with a bounce.			
Progressions		Coaching Points	
- Assign certain players to throw the ball. - Increase height of the throws. - Progress into no bounce. - Add defenders to apply pressure.		- Close control. - Underarm throws for better accuracy. - Align body with the flight of the ball. - Assess control options and cushion the ball.	
Organization		Time:	15
Area:		30x25	
Numbers:		10 Players	
- Players split into pairs - 1 ball between 2. - Player begin 5 yards apart with 1 player with a ball in their hands. - The server throws the ball under arm to their team mate to control and return back. - Players control with the instep, laces, thigh and chest 5 times. - Players switch roles and repeat the exercise.			
Progressions		Coaching Points	
- Increase height of the serves. - Increase distance and speed of the serves. - Challenge individuals. - Introduce a points system. - Servers apply pressure to the player controlling.		- Concentration to receive the ball. - Align body to the flight of the ball. - Assess control options and execute. - Soft first touch keeping the ball close.	
Organization		Time:	20
Area:		30x25	
Numbers:		10 Players	
- Players split into 2 teams - 2v2 in the center of the field. - 2 players from each team either side of the field with 2 goals and goalkeepers. - Players on the outside (servers) have 2 balls each and are numbered 1-4. - Coach calls a number and that players performs a throw in to a player on the field to control. - Teams play 2v2 for 2 minutes with the ball always restarting from a server.			
Progressions		Coaching Points	
- Build into 3v3 - 2 servers. - Goalkeepers restart the play. - Unopposed - opposed aerial control.		- Awareness and reactions to the ball. - Which body part to control with? - Focus and concentration to receive. - Support to the player with the ball.	
Organization		Time:	15
Area:		40x35	
Numbers:		10 Players	
- 5v5 game. - 2 goals with goalkeepers and a healthy supply of balls. - Game always restarts with a throw from the goalkeeper to a player in open space. - Player controlling cannot be put under pressure until they have the ball under control. - Points awarded for successful aerial control from goalkeepers throw.			
Progressions		Coaching Points	
- Unopposed - opposed control. - Decrease field size to encourage softer touches. - End with free play.		- Look to play forward to attackers. - Movement to receive the ball. - Concentration to control the ball. - Support and communication.	