

Aerial Ball Control 1v1's



Session Focus

Aerial Ball Control

Session Objective

This activity is a competitive way to get players comfortable learning how to control the ball from in the air while under pressure from an opposing player.

Activity



Set Up

Playing Area

20 - 25 yards length x 15 yards width

Cones

2 cones total

Balls

4 Balls minimum (2 balls per side)

Goals

2 Pop Up Goals

Pinnies

None

Coaching Points

As the ball is bouncing, move towards the ball while the ball is coming down. Run through the ball, don't stop at the ball as it is bouncing.

4 Areas of Development

Attacking

Can you control the ball under pressure
Protect the ball from the opposition
Attack the goal

Defensive Transition

If you lose the ball, can you quickly win the ball back by securing possession.

Defending

Can you force the attacker away from their destination (either scoring or passing the ball back to the coach)

Attacking Transition

Can you attack open space quickly before the defender has the opportunity to get into position.

Organization

Players will be divided up into two groups to allow for more repetition of the skill. Within the two groups, players will be split up between 2 cones.

On the coach's cue, the coach will bounce the ball in the air towards the outside player (Blue Player) to control. The player will work to control the ball and attack the pop up goal located by the end line.

If the defender wins the ball back, they are looking to pass the ball back into the coach's feet for 1 point, or dribble the ball past the white line for 2 points.

Players will rotate lines while staying on the same side to get a chance to Attack and Defend.

Progressions

Have the players back up to the yellow line, the coach will now bounce the ball in the middle of both players. They will battle to win the ball as it comes towards them. The first player to control the ball becomes the attacker.