



Aerial Ball Control Races

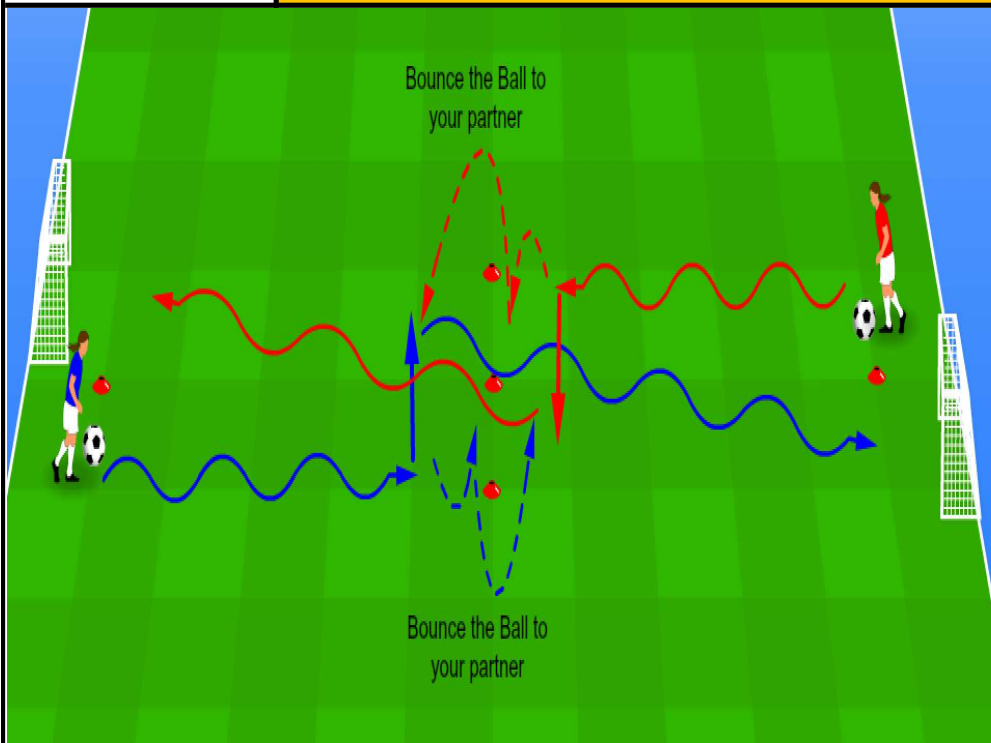
Session Focus

Aerial Ball Control

Session Objective

This activity is a fun way to get players comfortable learning how to control the ball from in the air.

Activity



Set Up

Playing Area

15 yards length x 5 yards width

Cones

5 cones total

Balls

2 Balls minimum

Goals

2 Pop Up Goals (optional)

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

Psychological

Over coming the fear of the ball in the air and if it will hurt them when they go to control the ball.

Social-Emotional

Working in coordination with a teammate on the other side of the grid.

Physical

Physical cardio when the players are running with the ball.

Optional: incorporate fast feet at the start

Technical-Tactical

Dribbling / Running with the Ball with speed while keeping the ball under control.

Organization

Set up 3 cones at the half way mark, then set up 2 cones on either side to show the starting point. The pop up nets are optional, if you are using them, they will be set up beside the starting point, across from the player on the other end.

On the coach's cue, players will dribble the ball to the middle point. Once there, they will pick up the ball and look to bounce the ball through the gate. The player on the other side will be doing the same. Once the ball is bounced through the gate, the players will switch sides and look to control the ball. Once the ball is under control, they will look to run with the ball and either pass it to the next player in line or score on the pop up goal.

Progressions

Turn this activity into a relay race where the groups would face off against each other. In that case, every player would need a ball.