



Ball Control Out of the Air

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

Description

Controlling the Ball out of the air

Warm up (10 mins)

Organization

40x40 square split into four

Juggling.

Players will use several surfaces of their body to try and keep the ball in the air.

Chest, thigh, head, laces.

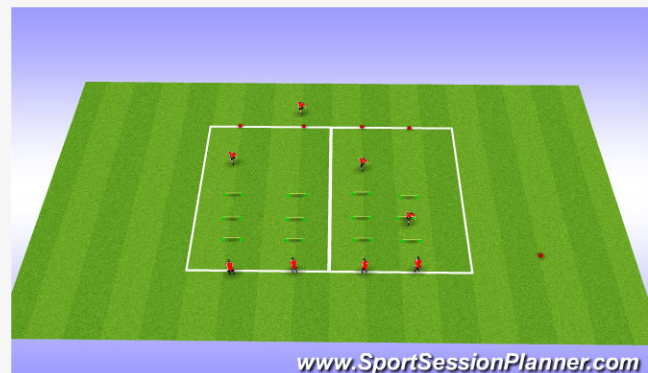


SAQ (10 mins)

Players sprint to hurdles, jump two footed over them.

once they finish the final hurdle a team mate will feed them the ball, they must control it and pass back, and then switch with their teammate.

players should try and control the ball with either chest thigh or laces



Technical (10 mins)

Organization

40 x 40 square with a 20 x 20 square in the middle.

Players receive the ball with their chest, pass back and move on to the next open feeder.

After 1 minute switch, then change to control with thigh and then with laces.

Coaching Points

Get in line with the ball

Chest - players should receive the ball into the center of their chest, watching it all the way

player should try and take the power out of the ball by taking a small half step back.

arms out to the side, bent at the elbows.

Thigh

Players should aim to make contact with the ball in the center of their thigh,

As it makes contact they should pull away the leg so that it takes away the power and drops down in front of them

Laces - player should watch the ball all the way to his foot.

ankle should be locked and as the ball makes contact it should relax the foot so it cushions the ball down



Technical adv (15 mins)

Organization

40 x 40 square split into 4.

players are in a 2v1 battle. the feeder player on the outside is trying to get the ball to his team mate.

the ball is thrown into the area for the player to try and control it and pass it back to his team mate

Aggression

players should use their shoulders to try and get an advantage.

Coaching Points

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player should try and take the power out of the ball by taking a small half step back.

arms out to the side bent at the elbows.

Thigh

Players should aim to make contact with the ball in the center of their thigh,

As it makes contact they should pull away the leg so that it takes away the power and drops down in front of them

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Control and finish (15 mins)

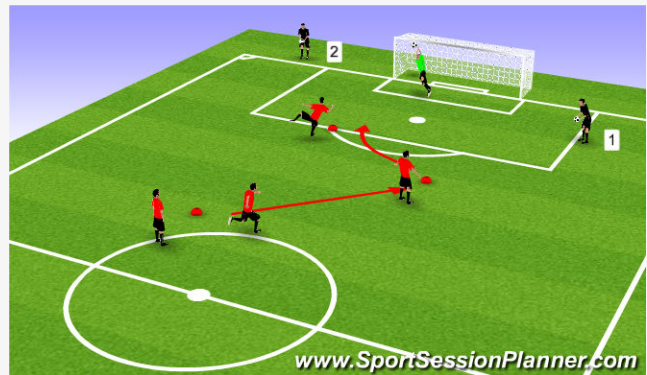
Control and finishing

Players are encouraged to use their skills to control and finish quick.

The aim is to have the ball under control fast so we can get a shot of quick.

Progression

add a chasing defender after he controls the ball to make him move quicker.



Game (10 mins)

Encourage player to play two touch passes and quick finishing in and around the box.

