**Topic: Receiving Balls in the Air**

**Objective: To improve the technique of using different surfaces**

**(feet, thighs and chest) to receive soccer balls played in the air**

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| **Technical Warm up** | **Organization** | | **Coaching Pts.** |  |
|  |  |  |  |  |
|  | **Each Player with a Ball :** |  | Get in line of the flight of the |  |
|  | Each player dribbles a soccer ball. On | | ball |  |
|  | coach’s command, the player picks up the | | Come to meet the ball |  |
|  | ball and tosses it above his/her head and… | | Watch the ball |  |
|  | controls with the laces |  | Make an early selection of the |  |
|  | controls with inside and outside of the | | body surface to use |  |
|  | foot |  | Controlling surface goes out to |  |
|  | controls with sole of foot |  | meet ball |  |
|  | controls with the thigh, directional | | Relax the controlling surface |  |
|  | controls with the chest, directional | | and withdraw just before |  |
|  | Throughout this exercise, all players shall be | | impact |  |
|  | constantly testing themselves and their | | 1st touch prepares for next |  |
|  | quality of first touch. |  | touch |  |
|  | **Time: *15 minutes*** | | ***Laces:*** |  |
| **Small Sided Game** | **Organization** | |  Lift foot up to meet the ball |  |
|  | **1v1 Soccer Tennis:** |  |  As ball is about to make contact, |  |
|  |  |  |  |
|  | Play 1v1 in a 5x10 yard grid. A player starts | | drop foot down and cushion ball |  |
|  | off with a ball and serves it over a line or net | |  |
|  | on top of foot |  |
|  | in the middle of the area. The ball can bounce | |  |
|  | ***Thigh:*** |  |
|  | once but then must be returned. A point is | |  |
|  |  lift thigh up to meet ball |  |
|  | won on a bad serve or when one team fails to | |  |
|  |  drop leg down to cushion the ball |  |
|  | return the ball. |  |  |
|  |  |  |  |
|  | **Coach:** Play 5 minute games. | |  make sure you push ball slightly |  |
|  |  |  |
|  | You can specify what surface must be used to | | in front of you |  |
|  |  |  |
|  | control the ball. |  |  make sure players use middle of |  |
|  |  |  |  |
|  |  |  | thigh to cushion balls |  |
|  |  |  | ***Chest:*** |  |
|  | **Time: *15 minutes*** | |  bend knees with feet staggered |  |
| **Exp. Small Sided Game** | **Organization** | | and slightly arch back while |  |
|  |  |
|  | **Bumper Game 2v2 to Goals:** |  | using arms for balance |  |
|  |  |  |  |
|  | Two teams of 2 in defined playing area | |  cushion ball (collapse chest) as it |  |
|  |  |  |
|  | with two goals. 2 “bumpers” are support | | hits chest and guide it to feet |  |
|  |  |  |
|  | players on both sidelines. | Each “bumper” |  do not push out chest to pop the |  |
|  | shall have 3-4 balls around them to toss or | | ball out too far in front of you |  |
|  | bounce back into playing area to team that | |  |  |
|  | passed them the ball. Goals scored on small | |  |  |
|  | goals on end lines. |  |  |  |
|  | **Time: *20 minutes*** | |  |  |
| **Game** | **Organization** | | **Coaching Pts.** |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team | |  All of the above |  |
| Next to you |  | **Time: *30 minutes*** |  |
|  |  |  |
|  |  | |  |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** | | |  |

