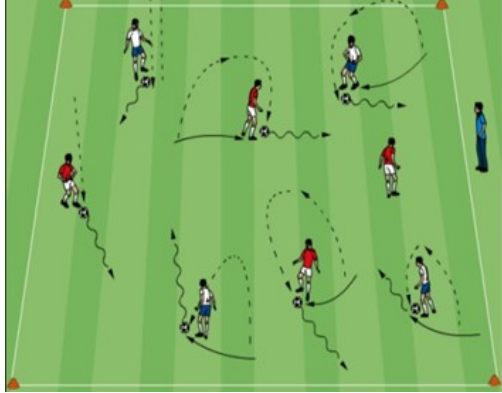
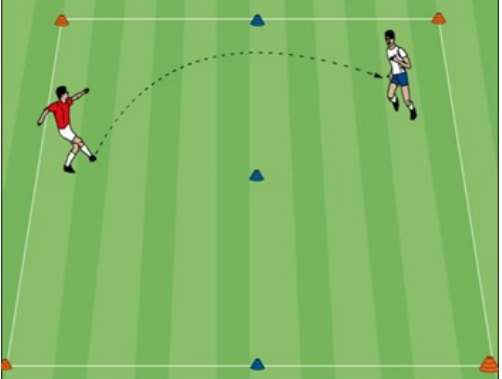
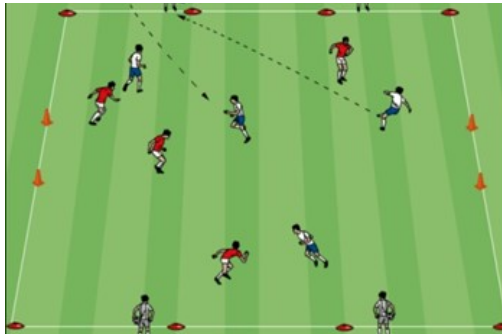



**PLAY — PRACTICE — PLAY**

**"Receiving Air Balls"**

**Dribbling move**  
Cryuff turn/inside cuts

PLAY 10 mins.	Play- as players arrive have them join in a small sided game.	Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<b>#1</b>  15 mins	<p><b><u>Out Of The Air</u></b></p> <p>Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...controls with the laces</p> <p>Change it up—controls with inside and outside of the foot, control with sole of foot, control with the thigh, directional, control with the chest, directional</p>		<ul style="list-style-type: none"> <li>• Meet the ball</li> <li>• Watch the flight of the ball</li> <li>• 1st touch prepare for the 2nd touch</li> </ul>
<b>#2</b>  15 mins	<p><b><u>Soccer Tennis</u></b></p> <p>Play 1v1 in a 5x10 yard grid. A player starts off with a ball and serves it over a line or net in the middle of the area. The ball can bounce once but then the ball must be returned. A point is won on a bad serve or when one team fails to return the ball. Play 2v2 if possible.</p>		<ul style="list-style-type: none"> <li>• Anticipate the flight of the ball</li> <li>• Attack the ball before it hits the ground</li> <li>• Direct the return into open spaces</li> </ul>
<b>#3</b>  15 mins	<p><b><u>4V4 In The Air</u></b></p> <p>Two teams of four in defined playing area with two goals. 4 "throwers" are support players on both sidelines. Each "thrower" will have a few balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p>		<ul style="list-style-type: none"> <li>• Get your body ready to receive the air ball</li> <li>• Communication with teammates</li> <li>• Use chest, thigh or feet to control the ball</li> </ul>
<b>PLAY</b>  25 mins	<p><b><u>Small Sided Games</u></b></p> <p>7V7 scrimmage</p>		Let them play

**5 Elements**

**Organized**-set up and ready to go  
**Game like**-activity must be game like  
**Repetitions**-repetition on what you are trying to achieve

**Challenging**-players need to be challenged  
**Coaching**-the right coaching based on the age/level of the players