

**ACTIVITY #1**

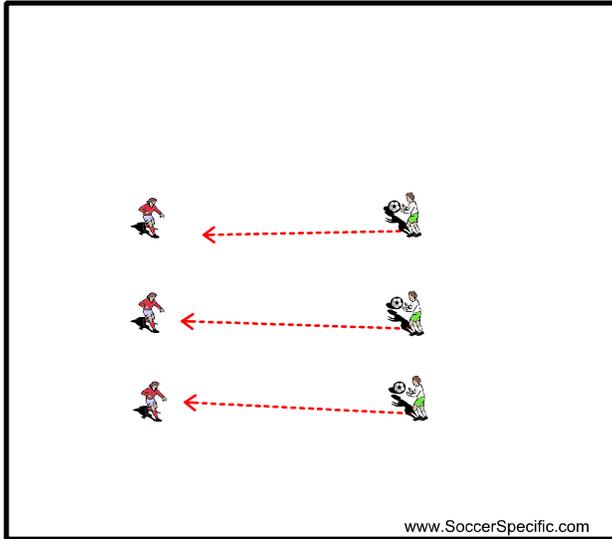
**Set up:** Half Volley with Partner

Players are grouped in pairs with one ball

**Instructions:** Player with the ball in their hand drops ball to their feet and volleys the ball to their partner. After catching the ball the partner does the same.

Strike with laces left and right foot. Strike with instep right and left foot

**Coaching Points:** Stress proper contact with the ball. Use appropriate weight to not over strike the ball. Younger players tend to throw the ball making it harder to make good contact. Encourage them to drop the ball onto foot. Encourage accuracy of pass to partner

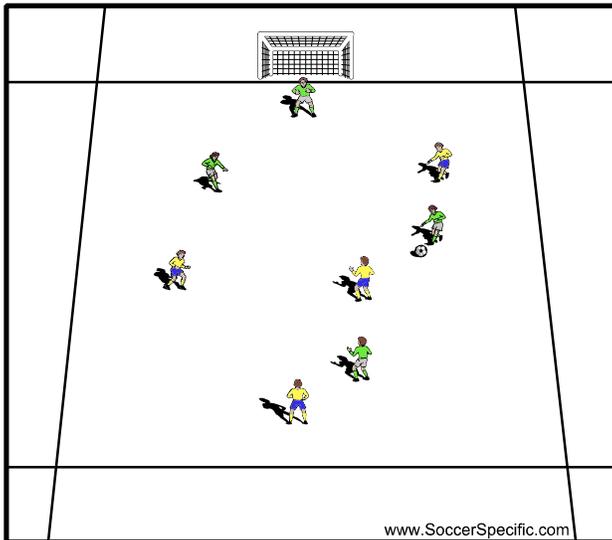


**ACTIVITY #2**

**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing



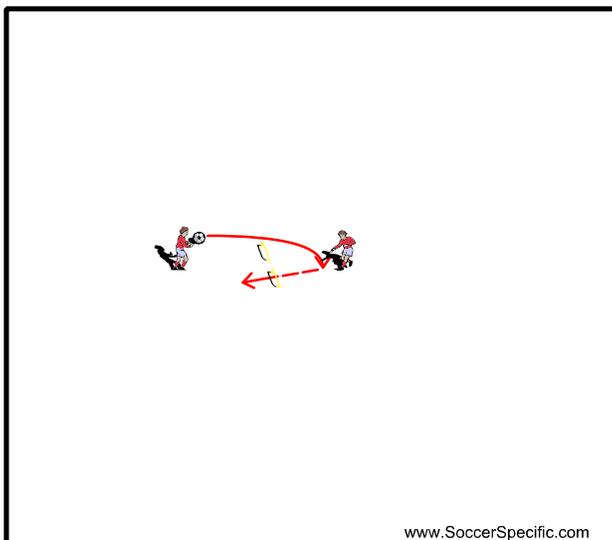
**ACTIVITY #3**

**Set up:** Partner Volley with Target

With a partner players approximately 5 yards apart with a target inbetween them. Can be hurdles, pug net or simply cones.

**Instructions:** Player lobs the ball to partner. Depending on the aerial position of the ball player chooses appropriate body part to one time ball or control then pass. Goal is to play the ball into or through target.

**Coaching Points:** Player must be ready, balanced and on the balls of their feet. Stress good body movement to adjust to the ball. Accuracy of pass is crucial. Progress to a smaller target.



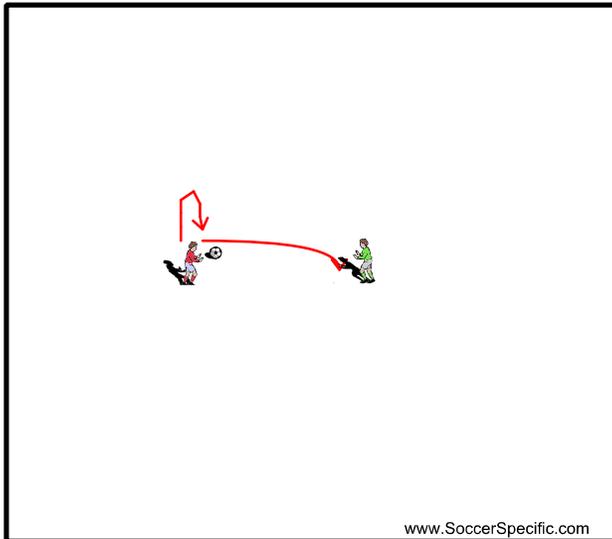
#### ACTIVITY #4

**Set up:** Self Pass Headers

Players in partners with a ball between them. Stand approximately 5 yards apart

**Instructions:** Player with ball lobs the ball in the air above their head. Attempt to head the ball over to partner. Player 2 picks up ball and does the same.

**Coaching Points:** Type Coaching Points Here...



#### ACTIVITY #5

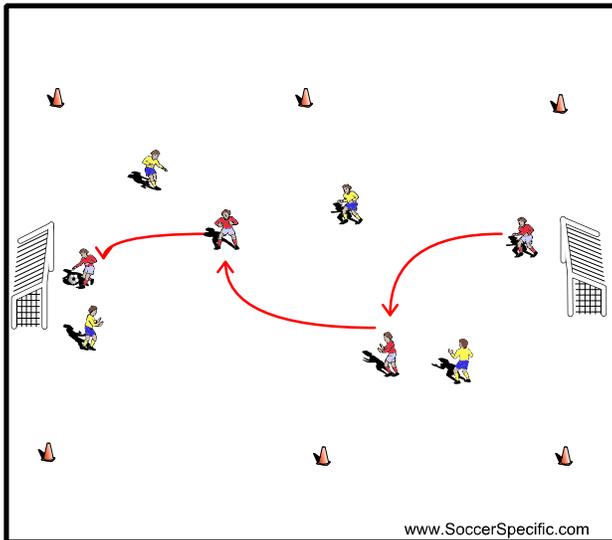
**Set up:** SSG Aerial Control

20 X 20 grid with 2 small sided goals. Players divided into 2

teams. Stress location of contact with forehead. Help with the toes for younger players. **Instructions:** Play European handball. Ball in hand, players can only take 3 steps then must pass the ball with their hands. Attempt to score by playing the ball with any body part when it is passed to player in a scoring position.

Younger players allow ball to bounce prior to attempting to score. Older players must play ball in the air.

**Coaching Points:** Stress good player movement off the ball. Encourage to use not only their feet to score points.



#### ACTIVITY #6

**Set up:** Aerial Ball Trap

Players line up on opposite ends of a straight line of cones

**Instructions:** Player at one end of the cones throws the ball to the player at the opposite end. Second player attempts to control the ball with their feet. Once ball is under control player dribbles through the cones. The 2 players switch end and drill continues with the next players in line.

**Coaching Points:** If players are too small to throw ball the coach can assist in this process. Stress getting body behind the ball to maintain a balanced stance. Use the instep to control ball. Try not to lift foot too high.

