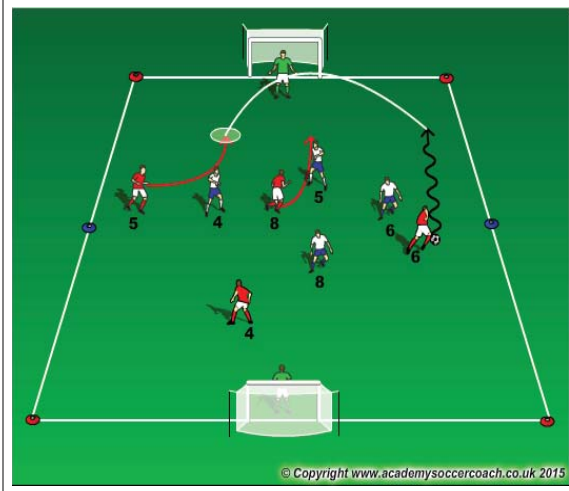
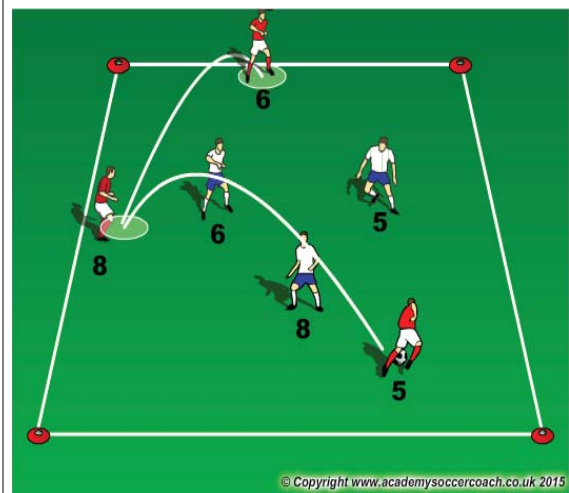


Season Fall 2015 Team/Age Group U12 Week 6

Topic Passing Aerial Serves

Objectives 5W's

To improve the ability of the player in possession to play the ball through the air.
 Who: #2, #3, #4, #5, #6, #8 - What: Passing Aerial Serves - Where: From central to wide areas, or wide areas to central areas. When: In possession and looking to penetrate or switch fields quickly Why: To exploit space left open by the opposition or to play out of pressure.



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

GOLF:

Players will begin in pairs with one ball between two players. Each player will have a cone in front of them which will act as a Golf flag. Players will alternate playing the ball through the air to their teammate. The player receiving the ball tries to control the ball out of the air and knock over the 'golf pin'/cone in one touch. Any player who knocks the 'pin' over gets a point for their team.

Variation: Players compete against their partner to see who can have the ball bounce the closest to the pin. Bonus points are awarded for a direct hit!

COACHING POINTS / KEY CONCEPTS

Technique for Passing in the Air:

- Contact with instep or outside of foot, aiming at bottom half of the ball.
- Ankle locked, knee bent.
- Non kicking foot next to ball aiming at target. Watch the ball off of foot and follow through towards target by landing on kicking foot.

Technique for Receiving from the Air:

- Make eye contact with the passer, Body in line with ball and select surface to receive with early.
- Open body to receive the ball and watch the ball onto foot/thigh/chest.

2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 TO END LINES

In a 20Wx30L grid, play a 3v3 game with each team attacking their opponents end line. If the ball leaves play, players can dribble or pass the ball back in.

To score a goal, the ball must be played over the end line, in the air and to a teammate. The teammate must be able to stop the ball within two touches. Defending players cannot defend over the end line.

COACHING POINTS / KEY CONCEPTS

• Technique:

Passing: Accuracy and Pace, type of aerial service (chipped or driven)

Receiving: First touch, surface selection, direction and distance

• Tactical: Penetration: When?, Who to combine - Support: Angles and Distance - Width:

Who? When? and Where? - Mobility: Acceleration and direction.

3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

5v5 TO BIG GOALS

In a 40Wx50L grid and a big goal on each end line, Both teams will play in a 1-2-2 formation.

Bonus points will be awarded for goals if the passage of play included an aerial pass.

COACHING POINTS / KEY CONCEPTS

• Technique: Dribbling, Passing and Receiving

• Tactical: Penetration, Support, Width, Mobility, and Improvisation

• Possession vs Penetration

• Speed of Play - Timing of Service

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION **• On a 47Lx30W field, the Red team will play a 1-2-3-1 and the White team will play 1-3-1-2**

COACHING POINTS / KEY CONCEPTS **Where and when to play an Aerial Pass - Speed of Play and Execution**