

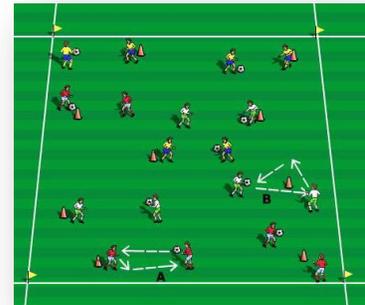


# Control in the Air

## Warm Up

**Setup** 20x20 yard box  
Place markers around the box and put players in pairs

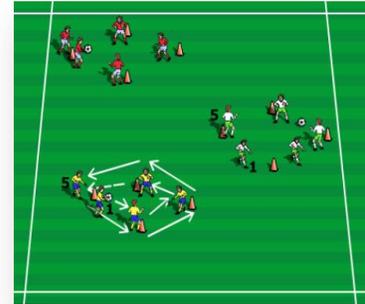
**Instructions** Feeder throws the ball to receiving player to control – in front of the marker (A). Coach prescribes which part of body to control the ball i.e. thigh, chest, head - volley. To progress, get the players to stand behind the marker and upon receiving the ball take it around the marker (B). Players should switch after ten attempts



## Drill

**Setup** 10x10 yard box  
Players are split into groups of 5

**Instructions** Move the ball, anti-clockwise. Player 1 starts with a throw, receiver controls (2 touches min) and volley, head etc. to the next player. The next player catches the ball and throws for the next player to control in sequence. Players follow their throw / pass. This can be progressed to players keeping the ball in the air and passing in sequence.



## Development

**Setup** 20x20 yard box with goals & an 8x8 yard box in the centre  
Players are split into four groups

**Instructions** Feeder throws ball in the air to No 1 who is static; who controls and passes back, same applies with No 5. They then switch to receive a ball on the move from the opposite group to repeat the control. They join the opposite group. Players should be constantly rotating and both goalkeepers should be worked simultaneously.



## Game Related Practice

**Setup** 20x30 yard box  
Players in 4 teams of four with two keepers

**Instructions** Play a 4v4 with the assistance of wall players. Players on the outside to control the ball. Make players play with two touches as a condition. Focus on the theme of "Control in the Air". If ball goes to a wall player, he will take a touch and catch the ball and proceed to pass back by throwing the ball in as a condition to allow for the theme.



## Cool Down

Conduct a light cool down consisting of light jogging and stretching.