



**SESSION PLAN**

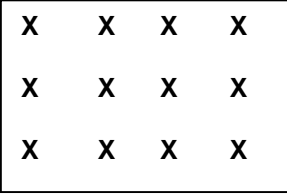
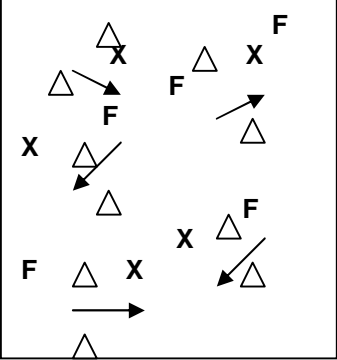
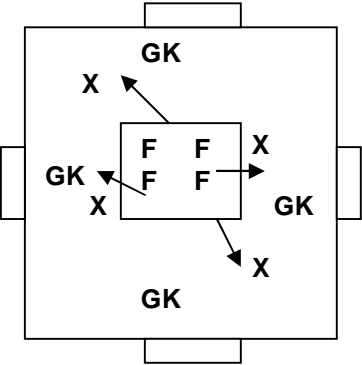
**Session Title**

**U11 Receiving Air Balls**

**Objectives**

**To Direct The Ball Away From Pressure**

**To Receive the ball close to the body**

| PHASE & ACTIVITY   | DIAGRAM  | TIME | COACHING POINTS  |
|--|--|------|--|
| <p><b>1. Warm up</b></p> <p>Players dribble around area performing a range of turns and moves. Incorporate the players throwing the ball in the air and controlling (cushioning) with their laces and thighs.</p> <p><b>Elite Feet Move: V Move with outside of foot</b></p> <p><b>2. Technical Practice</b></p> <p>F throws the ball (underarm) to X who controls it and passes back to F. X then runs to a different feeder and repeats the above. Practice before competition. The first player to visit five gates is the winner.</p> <p><b>Progression:</b> X's must receive the ball from the feeder and pass to a different feeder. Receive the same ball and repeat the process. First player to five gates is the winner.</p> <p><b>3. Skill Development</b></p> <p>Each X receives a ball from F's and attempt to score on goal. They then return to the centre to receive another ball from a different feeder. First player to score three goals is the winner. Rotate positions. The coaches act as defenders who pass the ball to the feeders if they steal from X's.</p> <p><b>Progression:</b> Play 3 v 3 on the field with 2 feeders (F1 and F2). Feeder throws in when coach calls that number.</p> <p><b>4. Regular Scrimmage</b></p> |    |      | <p>Head up<br/>Close control<br/>Laces: Bend knee with toes pointing up<br/>Cushion the ball</p> <p>Movement to get in line with the ball<br/>Cushion the ball</p> <p>Vertical movement to take the ball out of the air</p> <p>Select and present surface</p> <p>Quick movement towards point of control<br/>Settle yourself before presenting surface</p> <p>Body shape on receiving the ball<br/>Call for the ball<br/>Control towards 'open' goal</p> <p>Awareness of defenders<br/>Receive ball away from pressure and towards goal if possible<br/>Communication between players</p> <p><b>Law</b></p> <p><b>Freekick</b></p> |