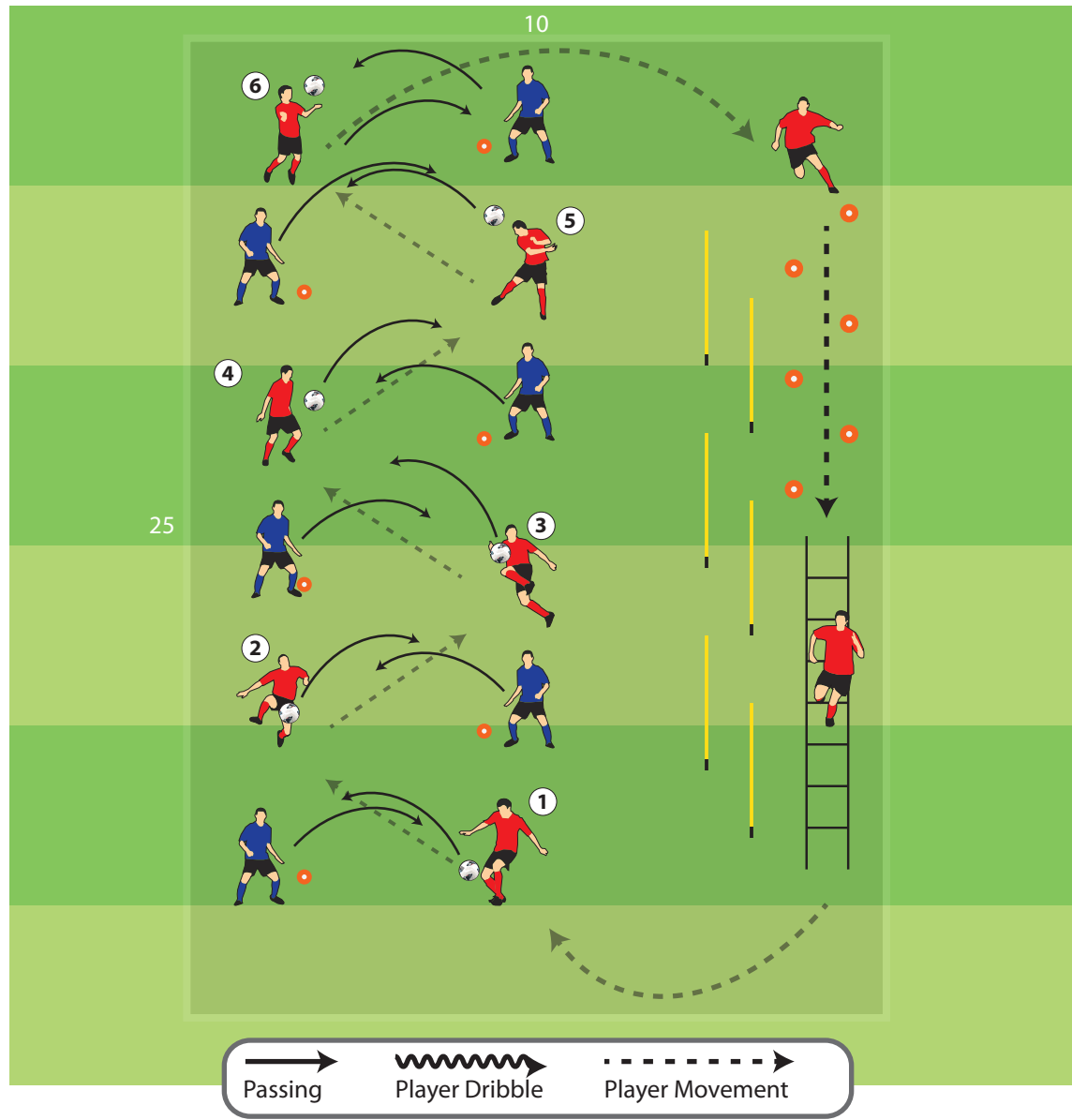


RBNY Receiving Balls In The Air: Stage I Warm-Up

Coaching Topic: Teach squad to receive balls in the air.



Setup

This is a moderate-intensity warm-up. You will need at least 12 cones, a speed agility ladder (use cones if you don't have a ladder), and at least 6 soccer balls. In a 10x25 yard area layout 6 cones staggered 5 yards apart for the toss and volley row, on the other side stagger 6 cones about 2-3 feet apart then a ladder or poles. Six players (each with a ball) position themselves on one of 6 cones (blue players).

Sequence

- One player is the server (static), the other is the receiver (active). Players switch roles every 1-2 minutes, 12 intervals in total.
- Exercise 1: Receive using the Laces alternating L/R foot, volley ball back to the player who tossed it.
- Exercise 2: Inside foot volley, alternate using both L/R foot.
- Exercise 3: Receive using Thigh, volley ball with laces or inside foot.
- Exercise 4: Receive using Chest, volley ball with laces or inside foot.
- Exercise 5: Head ball back to the player who tossed it.
- Optional: Outside foot volley, ball tossed over L/R shoulder.

Variations

- Add agility ladder, cones, or poles for activity returning back around.
- Add Dynamic Stretching, should be routine in your warm-ups.

Coaching Points

- Technique receiving and kicking ball back to the server.
- Stay on your toes, fast feet, throwers toss ball to the players right and then left foot, alternating each time.
- Players should be executing quickly but without sacrificing quality.