

RBNY Receiving Balls In The Air: Stage II Main Theme

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

Setup

Half of a normal field with 1 full sized goal and a goalkeeper. Use 3 mannequins or large cones as stationary obstacles (defenders). You'll need at least 15 soccer balls, more would be better. Lineup 3-6 players at points A, B, and C as shown in the diagram above the 18 yard box.

Sequence

- 1 Server (1) tosses a ball to the chest or above the waist of Player A.
- 2 Player A controls, prepares, and shoots on goal, after shooting Player A sprints to the corner and prepares to cross (seq #5).
- 3 Player B strikes an air ball to Player C and gets ready to make a run towards his near goal post.
- 4 Player C controls, prepares, and shoots on goal then immediately after shooting gets ready for the aerial cross.
- 5 Player A who has sprinted to the corner after shooting on goal now serves in an aerial cross for Players C and B to finish on goal.
- 6 Players return to the same line, rotate roles (A, B, C) after 5-7 minutes.

Variations

- Players B and C switch goal post runs for the finishing cross. In other words have them run to their far post instead of their near post.
- Require Players A and C to shoot on goal from a volley or half volley.

Coaching Points

- Execute with as much speed as possible without sacrificing quality.
- When receiving the first touch (control) should prepare the ball so that the second touch is a shot on goal, less touches, quick strike.
- Target aerial serve over the 6 yard box when crossing (Player A).
- Shoot on goal off the volley or half volley.

