



Drill Name: Aerial Balls

Set up :

30 x 30 yard grid with cones placed as shown.
Players are split into two groups.
Two sets of colored bibs.
One ball for every two players.

Instructions:

One group (yellow) begins the activity in the center of the grid; the other group (red) spreads out around the cones. Players on the cones have a ball each. The yellow group must jog around the inside of the grid then check to a red player. The red player then serves a ball from their hands for the yellow player to receive and get under control. After controlling the ball it is quickly passed back to the original player. Perform for a designated number of serves or for a predetermined period of time.

Serves are varied; to thigh, to chest etc.

Progressions:

1. The perimeter players move back 10-15 yards and serve the ball from the ground using their feet.
2. Inside players receive a ball, turn and pass to a new target.

Coaching Points:

- Constant movement from the inside group.
- Good quality serves are vital.
- Control the ball with first touch, pass with second.