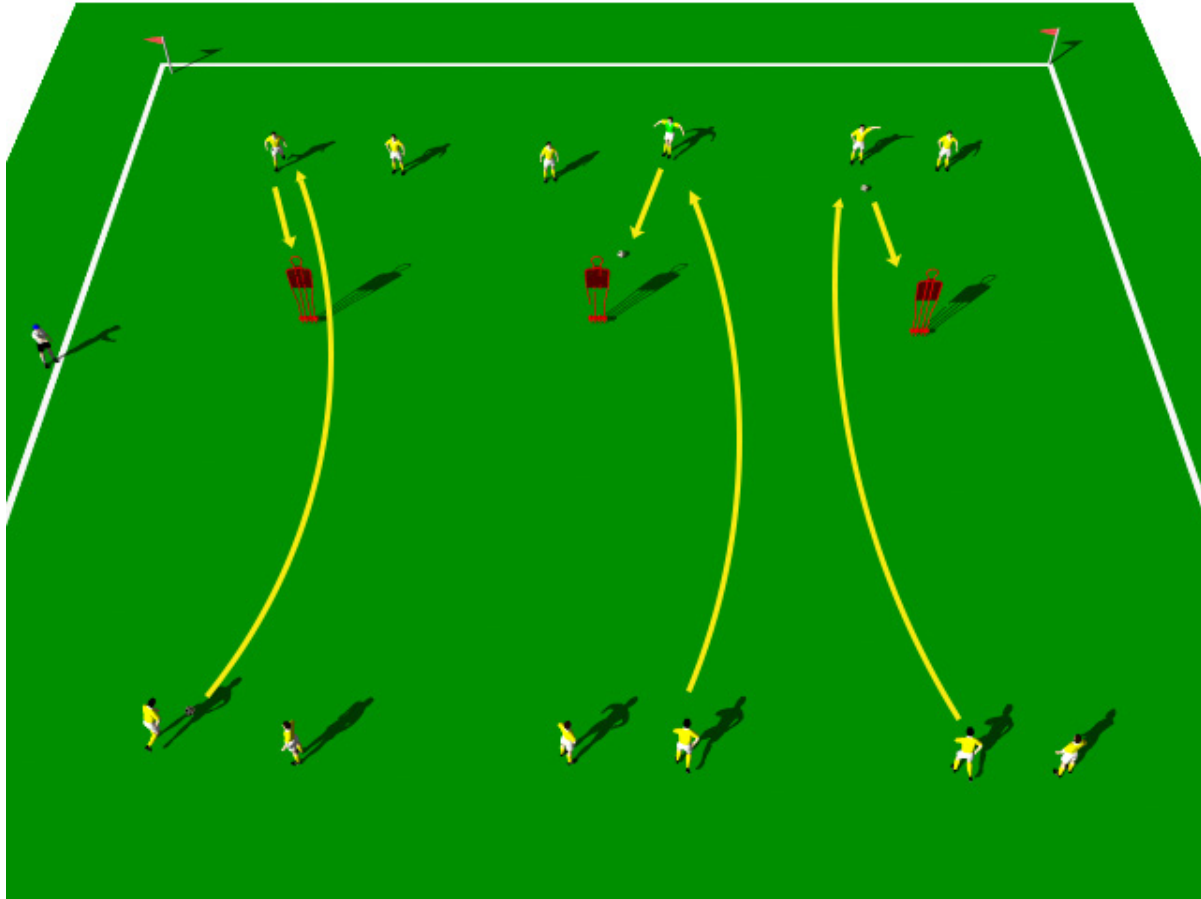


## Aerial Control and Passing Drill



### **Objective of the Practice:**

This practice is designed to improve Ball Control and redirecting the ball. It is a fun and challenging exercise that players thoroughly enjoy.

### **Coaching Points:**

Players challenge each other as teams, 2 players per team. Object is for one player on the opposite side to pass the ball in the air using a “lofted pass”. The player receiving the ball on the opposite side must try to hit the mannequin. Alternate players passing and controlling each time. Players should decide as the ball is in flight what surface they intend to use, Head, Chest, thighs or feet. The quality of the players first touch on the ball will often determine the quality of the action that follows.

First team to hit mannequin 3 times wins. Challenge other teams.