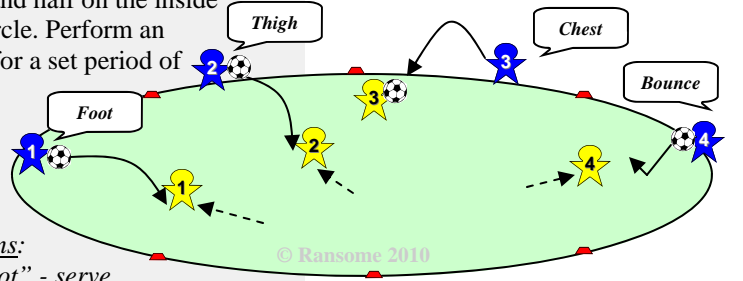


## Windows

Set-up a large circle.

Divide the group with half on the outside and half on the inside of the circle. Perform an activity for a set period of time and then change roles.



- Dribble x 0
- Pass pair **Up to 30 x 30 yds**
- Run x 6+

### Variations:

- (1) "Foot" - serve ball to receiver's feet;
- (2) "Thigh" - serve ball to receiver's thigh;
- (3) "Chest" - serve ball to receiver's chest;
- (4) "Bounce" - receiver uses appropriate surface to deal with a bouncing ball.

Note: Serve by toss, throw-in or volley. Ball can either be played back to server, or receiver can turn with the ball and pass to a different outside player. Repeat.



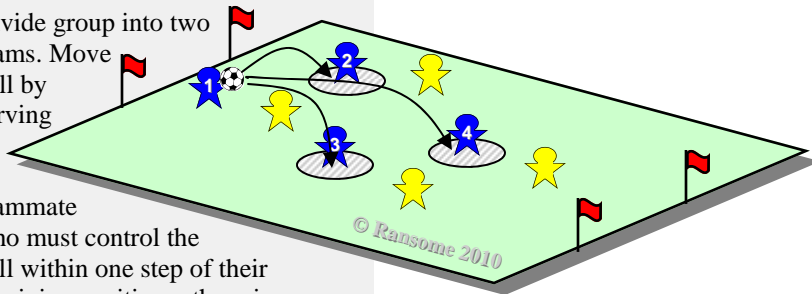
### Key Points

- Does the receiver move to "meet" the ball?
- Does the receiver "greet" the ball with the appropriate surface? under pressure?
- Does the receiver "keep" possession?

## "Throw-Control"

Set-up an age appropriate grid with a full-size goal at each end.

Divide group into two teams. Move ball by serving to a teammate who must control the ball within one step of their receiving position, otherwise possession is lost. Score within five passes via a header or volley.



- Dribble x 0
- Pass x 1 **Up to 36 x 24 yds**
- Run x 4+



### Key Points

- Does server make a quality serve to set-up teammates for success?
- Do receivers call for passes?
- Can receivers control the ball under pressure?
- Is appropriate technique used?

### Variations:

- Limit receiver touches (e.g.) 2-touch maximum.
- Serve ball with a throw-in.
- Serve ball with a kick.

Aerial Ball Control

www.griffinsoccer.com

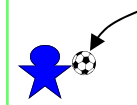


© 2010

Aerial Ball Control

www.griffinsoccer.com

Version: May-10



## Ball Control (Aerial)

under  
**8+**

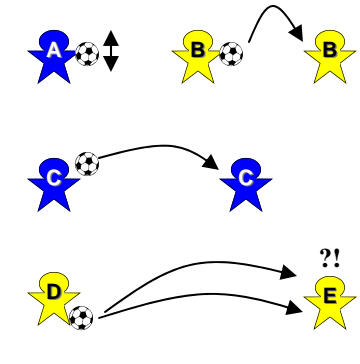
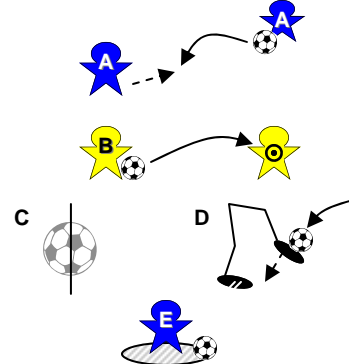
As players develop more power, and with the introduction of goalkeepers (punts/goal-kicks) and throw-ins, the ball may rise into the air. Striking the ball at or below the horizontal midline will cause it to elevate. Allowing the ball to bounce before trying to control it often allows it to move closer to one's own goal. Ideally, players should be comfortable taking the ball out of the air with a variety of techniques that get the ball on the ground and keep it within playing distance.

### Major Control Surfaces

- **Foot (Top)** Ball traveling downward
- **Foot (Inside)** Ball traveling along the ground
- **Foot (Sole)** Immediately after ball bounces
- **Thigh** Ball traveling downward
- **Chest (Lean Back)** Ball traveling downward
- **Chest (Lean Forward)** Ball traveling up after a bounce

### Insight

Topic 1	Technique	Topic 2	Progressions
a.	Move in line with the ball	a.	Self-serve (drop, toss, short kick)
b.	Select appropriate surface	b.	Under-arm serve (arced flight)
c.	Contact ball thru vertical midline	c.	Throw-in serve (shallow flight)
d.	Relax control surface on impact	d.	Kicked serve (power)
e.	Keep ball in playing distance	e.	Game condition (unpredictable)



### Why is Juggling Important ?

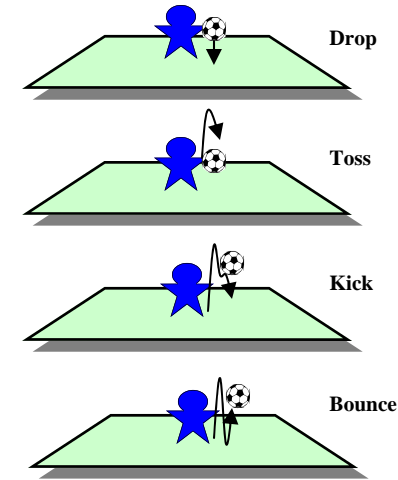
Although juggling itself is not generally used in a game, it provides a tangible means for players to develop ball control. The goal is to be able to maintain control of the ball using a variety of control surfaces, agility and dexterity.

**All good players can juggle, but not all jugglers are good players!**



© 2010

## Individual



Multiple players can perform the same activity, or be challenged at their own ability level. Be sure to give players enough personal space.

### Drop & Control

- Drop ball and try to control within one step
- Foot; Thigh; Thigh & Foot combinations

### Toss & Control

- As above, but toss ball up

### Kick & Control

- As above, but kick ball up

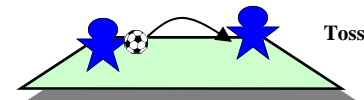
### Juggling

- Feet only (one foot, alternate)
- Thighs only
- Thigh-Foot
- Thigh-Thigh-Foot-Foot
- 1 juggle & 1 bounce, 2 juggles & 1 bounce, 3 juggles & 1 bounce...keep ascending, or go back to 2 juggles...
- Around the world (foot, thigh, (shoulder), head, (shoulder), thigh, foot)

## Pairs

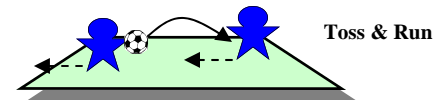
### Toss & Control

- Server lobs the ball to their partner for a pre-determined number of attempts or time
- Repeat on same body part
- Randomly throw ball at varying heights



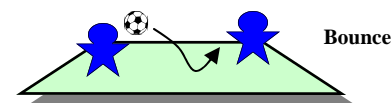
### Toss & Run

- Server (backwards) and receiver (forwards) move in same direction and try to maintain fixed distance apart
- Move together for a fixed distance or # of attempts



### Bounce & Control

- As above, except server bounces the ball (use a throw-in) to their partner to control with appropriate surface



Aerial Ball Control

www.griffinsoccer.com

www.griffinsoccer.com

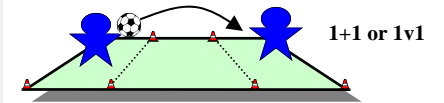
Aerial Ball Control

"Old World Football, New World Soccer"

© Ransome 2010

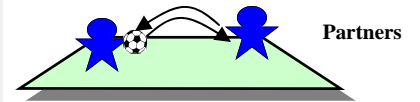
## Control Squares

- 1 + 1: Play as a game with partners in squares - point for pair each time ball is controlled within square
- 1 v 1: Play against partner



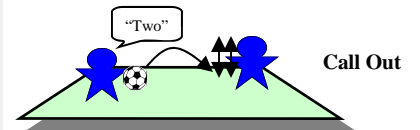
## Partner Juggling

- Partners attempt to keep ball in air between them (total #) - may be easier if one player stands behind the other and the ball is struck upwards rather than at partner
- Partners allow ball to bounce between each turn
- Partners perform one juggle each, then two juggles, etc.



## Call Out

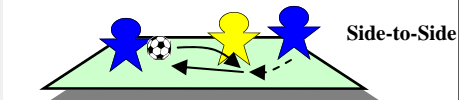
- Serving player calls out number of required juggles for receiver - play continuously



## Group

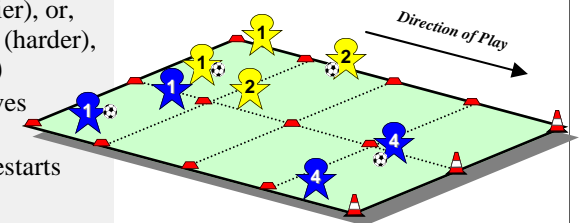
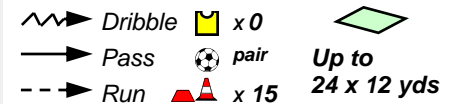
### Side-to-Side

- Server plays ball to one side of standing player - receiver moves from behind standing player to control ball, repeat on other side (rotate positions after fixed time / # of attempts)



### Juggling Ladder

- In teams of pairs, players try to complete four consecutive identical challenges of: Serve-"X"-Catch (easier), or, Serve-"X"-X"-Catch (harder), (where X = challenge)
- If successful, pair moves on to next grid
- If unsuccessful, pair restarts in first grid



### Challenges:

- Any body part; Different body parts; Same body part; No headers; 2 x juggles each...



Possible sequence:  
"Throw-Head-Volley-Catch"