



Control out of the air/Volleys

Category: Technical: Bilateral ball striking
Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Right Foot/Left Foot

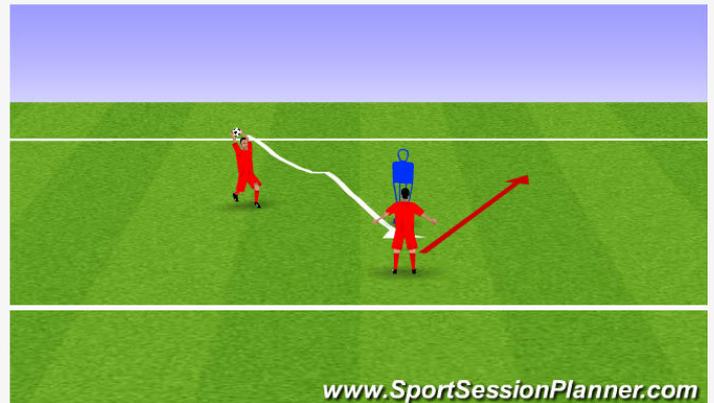
If you have a partner have them play a pass in the air or throw a ball in the air. Objective is to get the ball down as quickly as possible with your first touch, in a direction that would be away from pressure

For example. A right foot touch would open out to the right.

In the example above the ball is thrown in and the player opens up on his right foot and dribbles at pace to the right side. The mannequin is placed centrally in the area where a defender might be and acts as a guide for the area to keep away from.

Player must open body quickly and generate a first touch that gets to ground quickly and allows for change of direction dribble at pace.

We should do sets on the left and right foot so the player is comfortable receiving and changing direction at either angle. the second set can add in utilising the outside of the foot to put further space between the ball and the angle the defender would be coming at .

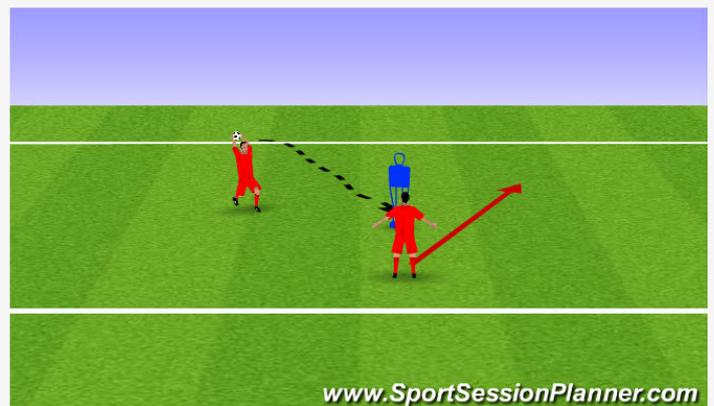


Chest /Head

We will work with the same objectives as the previous portion but now the service will be played at a high angle. To the chest or head

Again player will look to get the first touch down to ground as quickly as possible to start a pacy dribble away from pressure. Focus on body shape so that first touch doesn't go up in air and allow the defender time to close down.

Again we should work on both sides so player is comfortable accelerating with both left and right foot and changing angle depending on where the pressure would come.



Screen 3

The same as before except now we will look to use the first touch to set up a volley shot towards goal (Or a wall if no goal is available)

Again the body shape and position must change and we must avoid leaning back and losing balance as this will effect the accuracy of the strike. We must stay with our first touch and maintain balance throughout the contact.

We again work both sides and also do the same with head or chest first touch

