



Andover Soccer Association --- U8/U9 --- Week Three

Topic: Receiving Balls in the Air

Objective: To improve the technique of using different surfaces (feet, thighs, chest and head) to receive soccer balls played in the air

Technical Warm up	Organization	Coaching Pts.
	<p>Each Player with a Ball : Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...</p> <ul style="list-style-type: none"> ➤ controls with the laces ➤ controls with inside and outside of the foot ➤ controls with sole of foot ➤ controls with the thigh, directional ➤ controls with the chest, directional <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;">Time: 15 minutes</p>	<ul style="list-style-type: none"> ➤ Get in line of the flight of the ball ➤ Come to meet the ball ➤ Watch the ball ➤ Make an early selection of the body surface to use ➤ Controlling surface goes out to meet ball ➤ Relax the controlling surface and withdraw just before impact ➤ 1st touch prepares for next touch <p>Laces:</p> <ul style="list-style-type: none"> • Lift foot up to meet the ball • As ball is about to make contact, drop foot down and cushion ball on top of foot <p>Thigh:</p> <ul style="list-style-type: none"> • Lift thigh up to meet ball • Drop leg down to cushion the ball • Make sure you push ball slightly in front of you • Make sure players use middle of thigh to cushion balls
	<p>Organization</p> <p>Heading Introduction: Team is divided into two players with a single ball.</p> <ul style="list-style-type: none"> ➤ Step 1: Player heads ball to teammate from his/her own hands ➤ Step 2: Player serves ball to him/herself and heads ball to teammate ➤ Step 3: Players serve balls to each other for return head ball <p>Step 4: In small groups, players try to keep ball up with head juggling</p> <p>Time: 15 minutes</p>	<p>Chest:</p> <ul style="list-style-type: none"> • Bend knees with feet staggered and slightly arch back while using arms for balance • Cushion ball (collapse chest) as it hits chest and guide it to feet • Do not push out chest to pop the ball out too far in front of you <p>HEADING:</p> <ul style="list-style-type: none"> • Eye on the ball; read the flight of the ball • Contact the ball with the upper half of the forehead, NOT TOP OF HEAD • Body mechanics, shape and balance
<p>Exp. Small Sided Game</p>	<p>Organization</p> <p>Bumper Game 4v4 to Goals: Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;">Time: 20 minutes</p>	<p>Organization</p> <p>Coaching Pts.</p>



Andover Soccer Association --- U8/U9 --- Week Three

6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	• All of the above
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	