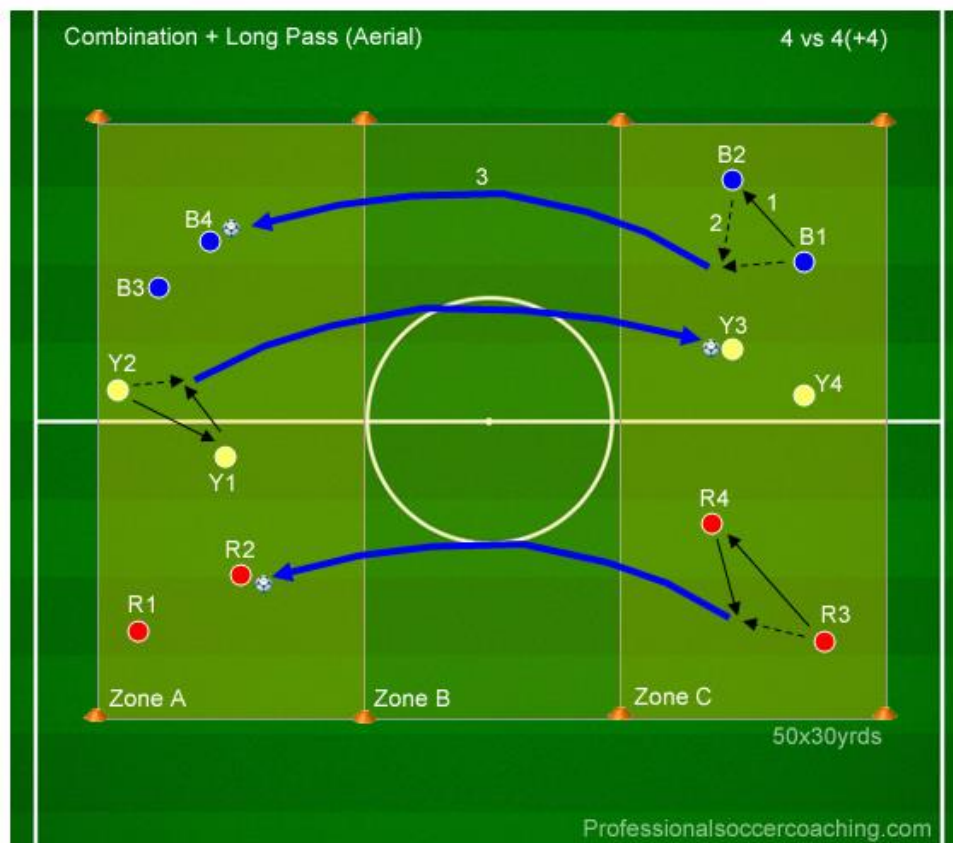


Aerial Passes



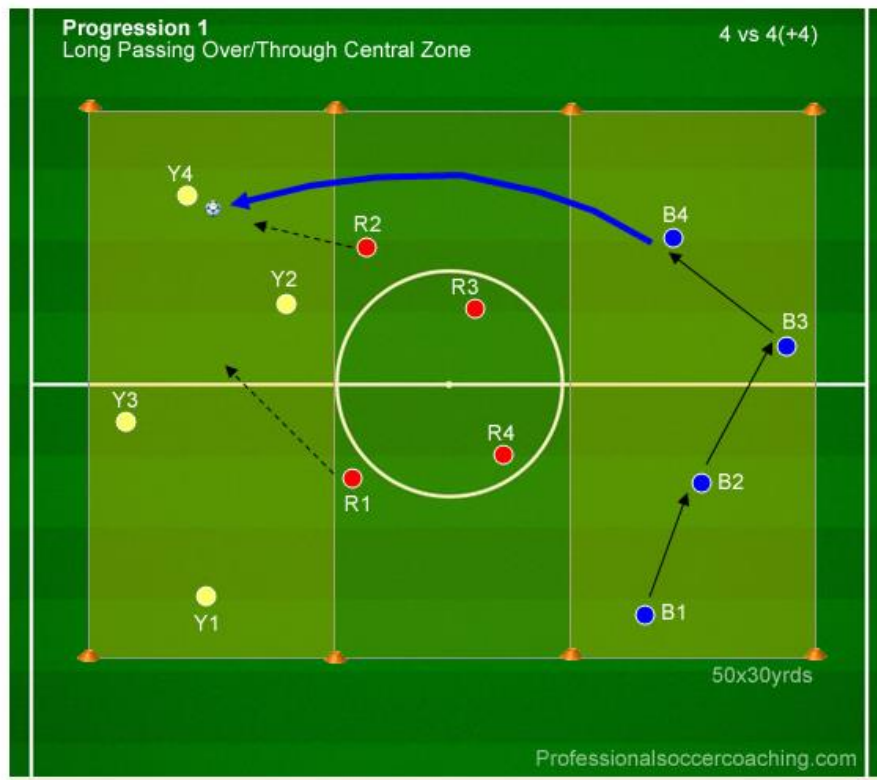
ORGANISATION:

- 50x30yrd grid marked into 3 zones.
- Zone A and Zone C are 20yds deep. Zone B 10yds.
- 3 teams (Red, Blue, Yellow)
- 2 Players work as a unit and occupy Zones A and C from each colour team.

INSTRUCTIONS:

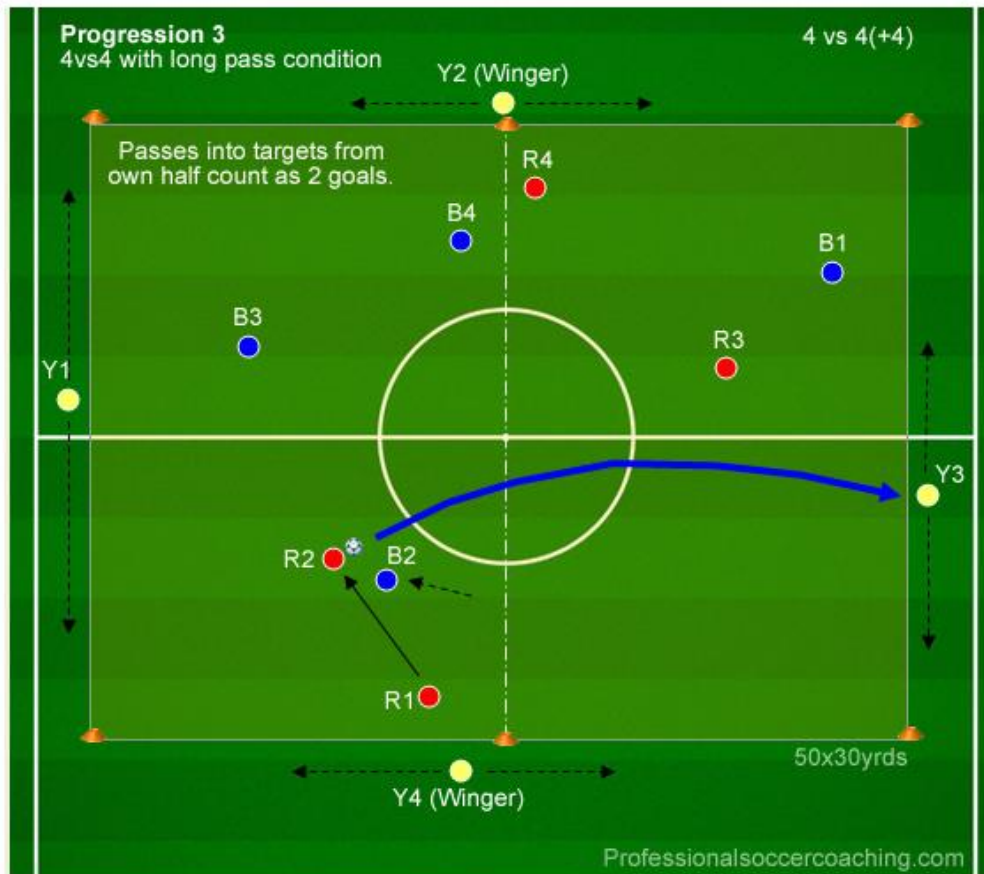
- Two players combine from one colour team and then play an aerial pass to the same colour players on the other side of the playing area. The combination, pass and control touches are all unopposed.
 - The ball should be played over the central area without bouncing inside this area.
 - The receiving players should use aerial control techniques to control the ball.
 - The pass distances should be approximately between 30-40yds.
 - Progress to have the receiving player pass one time into their partner, (i.e. aerial pass with no control touch).
 - Very advanced players can progress to perform this drill without the ball touching the ground at all.
1. B1 passes to B2 instep firm pass.
 2. B2 lays off a pass that B1 is able to step up to.
 3. B2 plays a long aerial pass at one of the two players of the same colour on the opposite side of the playing area (i.e. B4).

Diagram 2 - Opposed Aerial Passing SSG (8vs4)



Progression 1 (Diagram 2)

- Two teams now play possession together whilst one defends (i.e. Red in Diagram 2).
- Teams maintain possession in the end zones until there is an opportunity to play a long aerial pass to the team waiting at the other end of the playing area.
- The defending team has two defenders that can enter the end zones to press (once the ball has entered) and two which must remain in the central zone, but are still able to block passes.
- If the defending team loses the ball they switch roles with the team that gave away possession.
- A point is scored for transferring the ball from one end zone to the other successfully.



Progression 2 (Diagram 3) (SSG)

- 4vs4 directional game with one team (4 players) acting as two wingers (Y1,Y2) and two target players (Y3,Y4). The wing players play one touch (depending on ability).
- Score 2 points by passing into the target end players from a teams defending half (i.e. a pass from behind the half way line, as shown below). You can require that the ball does not bounce before the target player controls.
- Score 1 point for a regular pass into a target player (Y1,Y2).