



# FC Teaneck Lesson Plan Week 9 Receiving Balls in the Air

Category: Technical: Passing & Receiving  
Difficulty: Moderate

Redz Mor, edgewater, United States of America  
Individual-Adult Member

## Description

### Warm Up (15 mins)

#### Set Up

Set up number of grids for all players.

Have players work in pairs and going alternately.

Receiving Balls in the Air using Head Chest thigh and Foot.

Player A throws ball to Palyer B and Player B

-Heads back to Player A

-Receives ball on thigh and plays back to Player A

-Receives Ball on Chest and plays back to player A

-Receives ball on laces and plays back to player A

Player B must Check away from ball and then go to meet the throw in the middle of the grid.

Players go back to thier spots.

Change roles after 60 seconds

Coaching Points:

Service should be an underarm throw and be a quality serve to give the partner success.

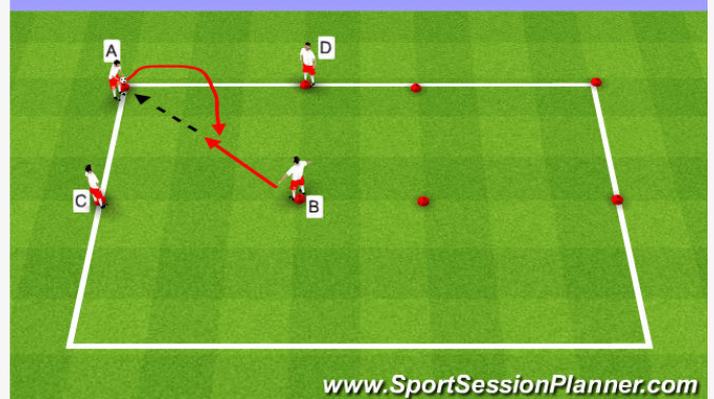
Head ball with eyes open and mouth closed heading ball along hairline.

Receiving with chest: move arms out so the chest becomes broaderr and prepared for ball.

After receiving ball remove the surface rg the chest so ball can fall softly to ground.

Same with foot , meet the ball as the ball lands on foot remove the foot so ball falls and doesn't bounce away from the receiver.

Repeat for Player C and D



### Soccer tennis (15 mins)

#### 1v1 / 2v2 Soccer Tennis:

Play 1v1 / 2v2 in a 5x10 yard grid. A player starts off with a ball and serves it over a trench in the middle of the area. If ball bounces in the trench area the ball hasn't got over the net. The ball can bounce once/twice depending on ability levels but then must be returned. A point is won on a bad serve or when one team fails to return the ball.

Play 5 minute games.



### Bumper Game (15 mins)

Bumper Game: 4 v 4 scrimmage to goals. An additional 4 players are placed on the outside of the playing area as bumpers. Each of the 4 "bumpers" are responsible for a quarter of the field. If the ball is passed to a neutral or the ball goes out of bounds in their area, they are to pick it up and toss it underhanded back into the playing area to the team that passed it to them. This way the players on the field playing 4 v 4 will have to receive the ball out of the air. Winners stay on and losers rotate with outside players.



## Regular game (20 mins)

Play regular game with Formations.

eg. 1 3 2 2 vs 1 2 3 2 for 8v8

or play 1 2 1 2 vs 1 3 2 for 6 v 6.

