

ACTIVITY #1

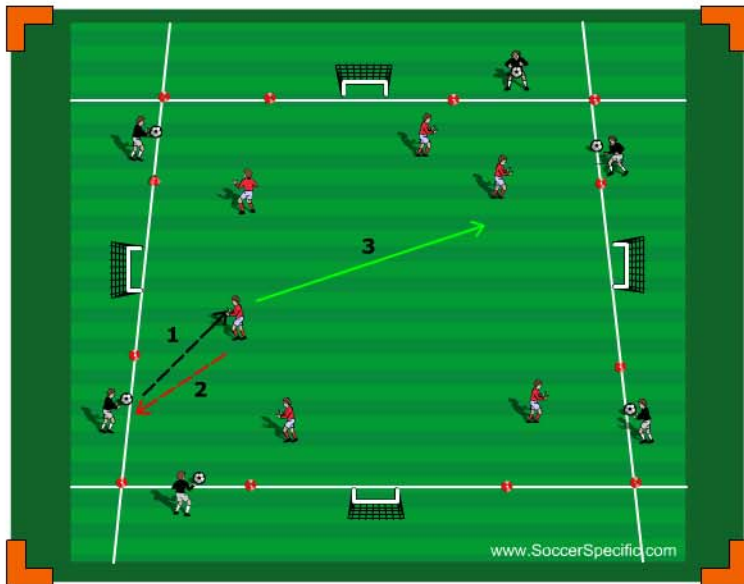
Set up: NSCAA Academy Technical Progressive: Receiving Balls in The Air.

Warm up

Set up as above in a 30x20 6v6 in pairs or applicable numbers. 1 ball between 2

Instructions: Players pass ball between themselves with continual movement within the grid. Ever two or three passes server juggles up the ball and volleys or heads the ball to his partners chest, thigh, or lifted foot. Receiver controls the ball and takes it to ground. Pattern continues. Focus on warming up the body and the mind. Express coaching points but do not coach

Coaching Points: Mobility - Flexibility - Mobility. Stretch major muscle groups statically and dynamically throughout warm up increasing intensity.



ACTIVITY #2

Set up: NSCAA Academy Technical Progressive Main Theme 1 Receiving Balls From the Air - Windows.

Set up as above in a 40x40 grid. 2 teams, black in windows around the outside, red inside the grid. Have goals in place for progression

Instructions: Players on the outside of the grid situated in 'windows' are to 'throw in' the ball to a red receiving player inside the grid (1) red player then plays it back to black (2) and moves on to next open window (3). Receiving player is to decide correct body surface to receive with: Chest, Thigh or Foot. and play the ball to the ground asap, under control. Then pass back to server (2). Move away to new server, call for ball! (3)

Coaching Points: Choose correct surface to control ball. Chest, Thigh, Foot (Heading separate subject)
Ball meets surface, not surface meets the ball!
Absorb pace on ball
Control to ground asap
Check look for pressure.



ACTIVITY #3

Set up: NSCAA Academy Technical Progressive Main Theme 2 Receiving Balls From the Air (2) - Windows.

Set up as above in a 40x40 grid. 2 teams, black in windows around the outside, red inside the grid. Have goals in place around outside of grid

Instructions: As per Receiving Balls From The Air (1)
Progression: Red and black give up a player each and become 'neutrals' inside the grid. Their role is to apply pressure to receiving players touch (5), preventing 'passback' to server. If the neutral player wins possession he is to score on one of the open goals (6). Window player retrieves the ball. Change out neutral players often.

Coaching Points: Check look for pressure!
Choose correct surface to control ball.
Track Ball into correct surface. Keep eye on ball for as long as possible
Absorb pace on ball
Control to ground asap
Check look for pressure.
Communicate via visual clues as to choice of receiving surface.

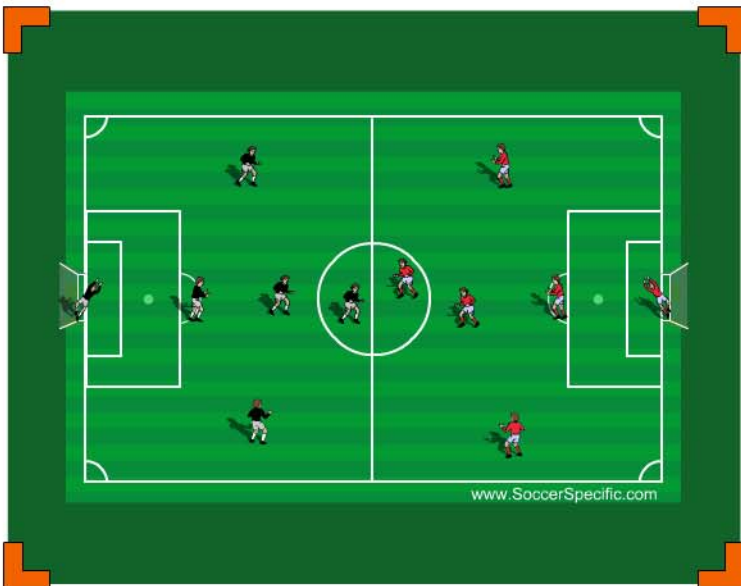


ACTIVITY #4

Set up: NSCAA Academy Technical Progressive Main Theme 3 SSG Receiving Balls in The Air. Flank throw in
Use a half field 5v5 with 2 neutral players. Gk optional. Run cones out to utilize width of 18yd box.

Instructions: Red Plays black with two (green) neutral players on either flank. When neutral players are 'played in' they have to 'throw in' the ball back in, maintaining possession with serving color. Teams can use either flank player. Players are to receive the ball from the air on body surfaces as previously coached.

Coaching Points: Body positioning.
Check for Pressure
Choice of Cushioning surface.
Watch the ball into body part.
Control ball on field asap or distribute from volley.



ACTIVITY #5

Set up: NSCAA Academy Technical Progressive Final Game: Receiving Balls from The Air
Formation set up as above

Instructions: Play The game in a 1-1-3-1 formation, to create open width

Coaching Points: Apply all coaching points as previously covered for receiving balls from the air, with a CIG Methodology