

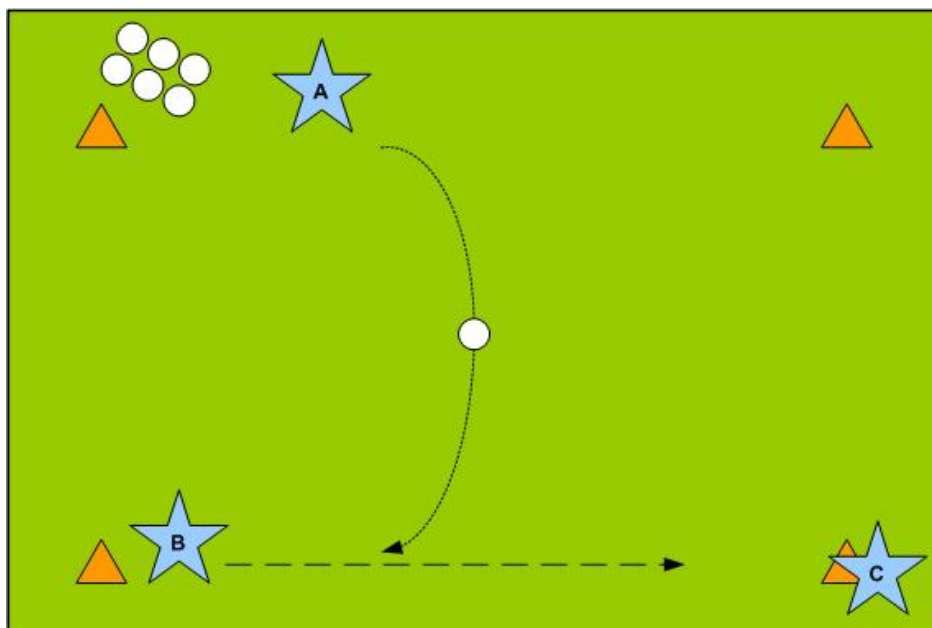
Title: Aerial Control

Aim: Practice at flicking the ball through the air as means of a pass, and to practice receiving an aerial ball while moving.

Equipment Needed:

- Sticks
- 10 balls
- 4 cones

Set Up:



Description:

- Four cones are set out to create a rectangular grid (8m x 3m)
- Player A starts with the balls and flicks them one at a time across the grid aiming for a point halfway between the cones
- Player B runs towards the ball, controlling it as it bounces and keeping the ball steady as he continues to the far cone
- Player C then runs towards the next ball and so on.
- Once all 10 balls have been passed, players rotate positions.