



## Year 7 Football: Lesson 6 – Aerial Control

### Big Question

How can I control the ball when it is in the air?

### Warm Up

Get the ball involved. It is more fun doing a warm up when you use a football.

Watch this video clip and try out his warm up.

[https://www.youtube.com/watch?v=zV7N\\_7tDvh4](https://www.youtube.com/watch?v=zV7N_7tDvh4)

What did you like about this warm up? What ideas would you use in the future?



### Revision

Spend 10 minutes practicing your dribbling technique. Set up a small slalom course to dribble around and try to challenge yourself to use the different techniques. E.g. inside and outside of the foot, sole drag, etc.

Use the following that we used in lesson 2 to remind you of some of the different techniques.

<https://www.youtube.com/watch?v=QuSJNer4pt8>



### Aerial Control

Controlling a football when it is bouncing or is in the air is known as aerial control. In football we are allowed to use any part of the body other than our hands and arms.

#### Activity 1 – Kick ups

Learning kicks ups is a great way to develop your aerial control. Use the following video tutorial to learn how to do it. You should learn by progressing through these stages:

Foot taps (sitting down)

Kick to hands (sitting down)

Kick to hands (standing)

Kick, kick, hands

Kick, kick, bounce

No bounce

Video tutorial:

<https://www.youtube.com/watch?v=krSBbunxdUg>

Make sure you use alternate feet so that you develop both sides.



#### Too hard?

This is a really tough activity and requires lots of practice and patience. You won't perfect this in half an hour, but you can definitely make progress in this time. The trick to it is to keep trying and going back to it.

How to make it easier:

- Use a balloon to begin with.
- Use a lighter or bigger ball such as a beach ball

#### Up the challenge

Which different surfaces could you use to play the ball while keeping it up? Head, thigh, different parts of the foot?

#### Activity 2 – Team up!

Team up with a friend or a family member to see if you can keep the ball up together. You can make up your own rules to make it easier or harder. E.g. allow a bounce each time to make it easier, or create a net to play over to make it harder.

What about getting more people involved so that you have two teams?

### Get inspired!

Freestyle footballers learn tricks with the ball instead of playing in matches. One of the best known tricks is called 'around the world'. Why not give it a go!

<https://www.youtube.com/watch?v=qUILNHgvk6Q>

