

Aerial finishing drill



How it works

This soccer drill can be used to help introduce winning an aerial duel against a defender.

Set up your area with your defender and striker in the middle with your 2 throwers off to the side.

The throwers will alternate throwing the soccer ball to the attacker, they can vary the way throw the ball to mimic different types of crosses.

For each goal the striker scores that will be one point.

Swap the players around so everyone has a chance to be the defender, attacker, and thrower.

Coaching points

- Use quick changes of pace and direction to lose the defender
- Communicate with teammates throwing the ball in so they know where to throw it
- When heading keep your eye on the ball, using your forehead to make contact with the ball

Questions

- How can you lose the defender?
- What can you do to help the thrower know where to throw the ball for you?
- What technique should you use when heading the ball?

Purpose

The purpose of this drill is to encourage players to finish the ball in the air either with a volley or a header

Set up

- 7 x 10-yard area
- 4 players (2 throwers, 1 striker, and 1 defender)
- 1 goal
- 3 soccer balls per thrower

Intermediate

