

Airball

Objective –

GameFocus onTransition/ResetProgression

Goalkeeping skills are always hard to develop and often boringly repetitive – but not this game! Great fun and good skills coaching.

THE RULES

This game must be played by teams of 4 or 5 as you need at least one spare grid in each half of the area.

Players look to throw the ball above head height into the spare grid in the opponent's half. It must hit the ground to score a point.

The opposition must prevent this by catching the ball. They can then try to throw into their opponent's spare grid.

Players must call to avoid having two players going for the same ball. If two players go for the same ball they incur a penalty point.

Play to 10 points, switching sides halfway through.

Serves alternate and points are scored on every serve no matter what.

If the ball goes out of bounds the team that touched the ball last loses the point.

MAIN OBJECTIVES

Goalkeeping skills.

SET UP

Area: 40×30 yards, in two halves. 6 10×10 yard grids in each half.

Players: 10, 2 teams of 5

Equipment: Cones, 1 ball

WHAT TO CALL OUT

“Launch the airball”

“Call your name to catch the airball”

“Put your name on it”

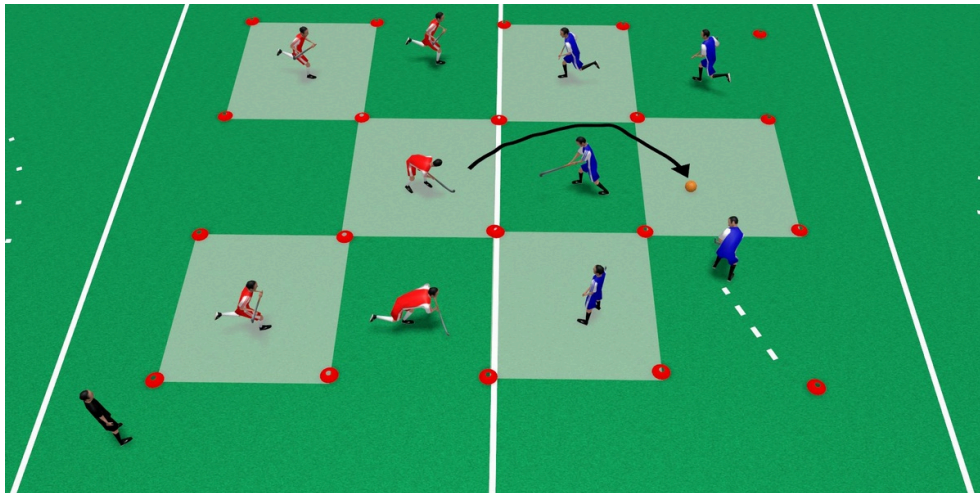
PROGRESSION

Allow players to throw the ball between them before throwing into the opposition’s half.

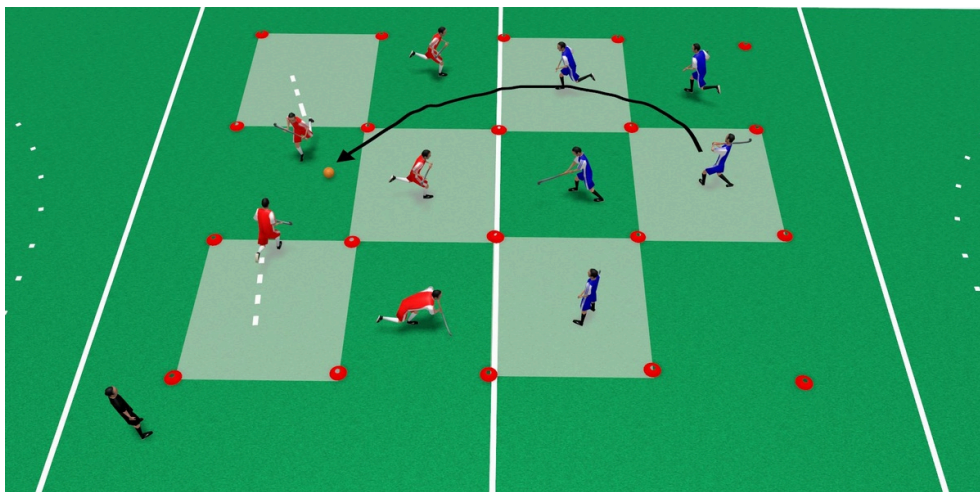
Allow players to punch the ball straight back using two fists.

HINT

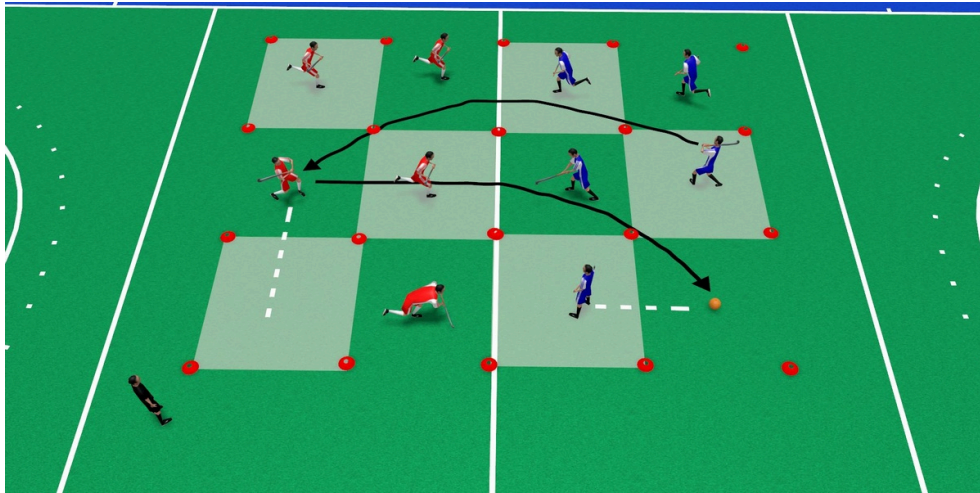
Encourage players to catch the ball as high as possible. This will enable them to return it quicker.



The ball must be thrown into the empty grid.



Two players move into the grid incurring a penalty.



The ball hits the ground to score a point