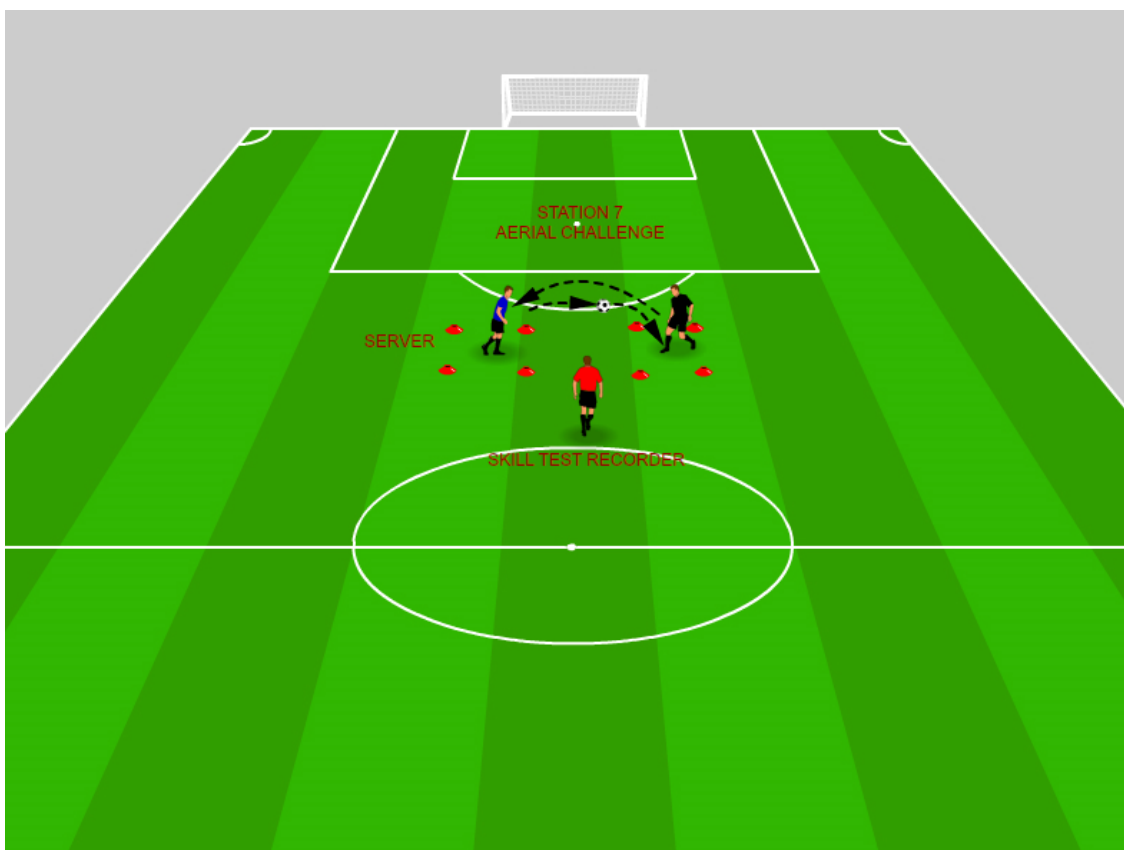




STATION 7 INSIDE OF FOOT AERIAL SKILL



Date:	8/Jan/2018	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	16
Duration:	N/A	Level:	U5 - U18

Objective: Aerial accuracy using inside of both left and right foot

Description: Server and receiving player stand inside two five yard squares that are 5-yards apart. Server serves ball using both hands to player at the STR's GO
Count 1 point for each ball that arrives to servers hands
NOTE: ZERO points given if server has to jump or reach outside of box to catch ball

Coaching Points:

Progression: Go to STATION 8 3 VS 3