

AERIAL TRAINING™

PHASE 1

1. CHASE
2. LAUNCHPAD
3. SIM
4. ACE

ACTIVITY 4: ACE

OVERVIEW: ACE is a full-team, fast-paced transition game that allows players to apply proper heading technique in game-like situations.

PLAYERS: Divided into two teams, positioned at either end of the grid. Players from each team form two lines between the interior cones at their end of the grid.

INSTRUCTION:

- **Setup** – Interior cones on either end of the grid act as a goal line. Pairs team up as goalkeepers to defend their goal line.
- **Action** – Attacking pairs work through the center channel of the grid, completing a toss & jump header in each of the first two boxes. In the final box, the heading player holds their run and waits for their partner to reach the opponents' end line and serve the ball back to the center of the box.
- **Transition** – Once the ball turns over, the goalkeepers then attack in the opposite direction. Attacking players rejoin their team, ready to fill in as goalkeepers when it's their turn.
- **Heading** – Each pair works through the grid 4 times, changing roles twice so each player has an opportunity to head the ball a total of 6 times.

COMPETITION: Players keep track of points: 1 point each time a player successfully heads the ball back to hands in the air and 3 points for scoring a goal.

