

# AERIAL TRAINING™

## PHASE 1

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

### ACTIVITY 1: CHASE

**OVERVIEW:** CHASE is a soccer-specific game of tag that challenges players to move through crowded spaces and avoid collisions while improving footwork, fitness and coordination.

**PLAYERS:** Divided into pairs. One ball per pair.

**TIME:** 2 minutes

#### INSTRUCTION:

- 15 seconds – Skipping players practice high knee skipping, moving throughout the grid.
- 45 seconds – Players with the ball attempt to chase and tag partners with their hand. For each tag, the player with the ball executes 5 fast toe taps.
- Pairs change roles and repeat

**COMPETITION:** Players keep track of the number of toe taps

**KEY WORDS:** Head up and active; Check your blind spots; Always aware and under control; Match arm and leg movements to develop coordination; Drive up rather than out to elevate

