



# Aerial Duels and Hold-Up Play

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**Duration:** 60 min | **Focus:** Training for aerial duels and holding up the ball | **Level:** Hard

## Key Focus Area

Improve aerial duels and hold-up play

## Training Plan

### Back to Goal Control

Duration: approx. 10–15 min

Receive long balls with your back to goal, using your chest, thighs, or feet to control and shield. Practice laying it off to a teammate or turning quickly to shoot.

### Wall Pass Under Pressure

Duration: approx. 10–15 min

Use a wall or partner to simulate pressure while playing quick one-twos. Focus on absorbing contact while keeping control.

### Target Header Drill

Duration: approx. 10–15 min

Practice jumping and timing your headers from lobbed passes. Focus on height, hang time, and directional control.

### Body Positioning Circuit

Duration: approx. 10–15 min

Set up cones in a semi-circle. Work on backing into the cone, receiving a pass, turning or laying off. Emphasize body shape and core strength.

## Weighted Ball Retention

Duration: approx. 10–15 min

Use a slightly heavier ball or resistance band. Practice holding possession under pressure. Helps build upper-body stability.

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