



# Receiving and Turning



**Objective: To improve the players ability to create goal scoring opportunities**

	<u>Organization</u>	<u>Coaching Points</u>
	<p>30x40 yard area            12 players ½ on inside and half on outside            Players on the inside have a ball each</p> <ol style="list-style-type: none"> <li>1. Inside players receive and pass back</li> <li>2. Inside players receive/turn and pass to a new player</li> </ol> <ul style="list-style-type: none"> <li>• Turns- inside/outside/pullback</li> </ul> <ol style="list-style-type: none"> <li>3. Outside players can pass to outside</li> </ol>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Readiness to receive</li> <li>• Surface preparation</li> <li>• 1<sup>st</sup> touch out of feet</li> <li>• Check at an angle</li> <li>• Open body shape</li> <li>• Turn completely with ball</li> </ul>
	<p>Area 20x10 1v1 with 2 neutral targets</p> <ol style="list-style-type: none"> <li>1. Players score a goal by passing the ball to a target</li> <li>2. Build up to 2v2 with 4 targets</li> </ol>	<ul style="list-style-type: none"> <li>• Off ball movement</li> <li>• Open body shape</li> <li>• Touch away from pressure</li> </ul>
	<p>Area 20x20 square 2v2 Each team has 2 targets            Teams can score at any 1 of their 2 targets            Targets can also score by passing across</p> <ol style="list-style-type: none"> <li>1. Target players have 1 touch</li> <li>2. Limit inside players to 2 touches</li> </ol>	<ul style="list-style-type: none"> <li>• Awareness of target</li> <li>• Touch to move pressure</li> <li>• Support whilst ball is moving</li> <li>• Open body shape</li> </ul>
	<p>Area 30x20 3v3 or 4v4 with goalkeepers            Team should play with 2 players back and one up            Restart into the forward</p>	<ul style="list-style-type: none"> <li>• Team Shape</li> <li>• Try to receive turn and shoot at goal</li> <li>• Touch away from pressure</li> <li>Awareness of space</li> </ul>