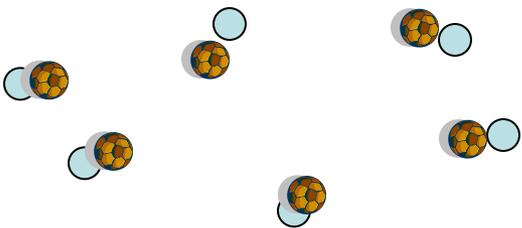




Receiving in the air



Objective- To improve the players ability to receive the ball at different heights

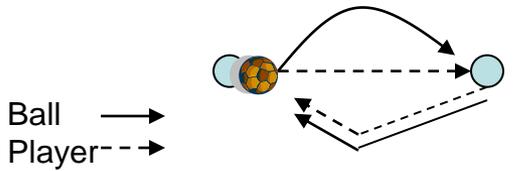


Warm up– 1 ball each.

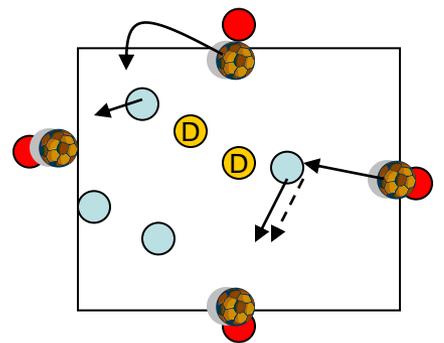
- 1.** Players juggle as many times as possible
- 2.** Players Self serve to
 - a.** Feet **b.** Thighs **c.** Head
 When Juggle fails quickly get ball on the floor with feet using a sweep or a controlling touch

Coaching Points

- Ready- Line of flight
 - Selection of surface
 - Cushioned (soft)surface
 - Body shape
 - Sweep- Limit space between foot + ground
 - Position of shoulders
- Change the angle of the ball

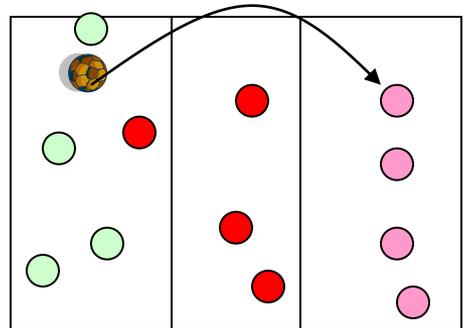


- 3.** In pairs 5 yards apart
Player 1 serves to player 2 and follows pass
- 4.** Vary the service – in the air/ ground



- Area 30x30 10 players 2 defenders in middle 4 players on the outside and 4 in the middle.
If inside Defenders win the ball they switch over
- 1.** Outside players in, inside inside pass out
 - 2.** Outside players take throw-ins to inside
 - 3.** Vary the service
 - 4.** Outside players can pass to outside players

- Readiness to receive
- Get ball on floor quickly
- Selection of surface
- Body shape away from pressure
- Be ready to change the angle of ball



- Area 30x40 with 10x30yard zone in the middle
3 teams of 4 with one team in the middle Zone
Teams complete 3 passes and throw/pass the ball to the opposite team.
Start with one defender coming across *limited* at first to walking to gain success
If defender wins possession or middle players intercepts cross pass middle team switches out

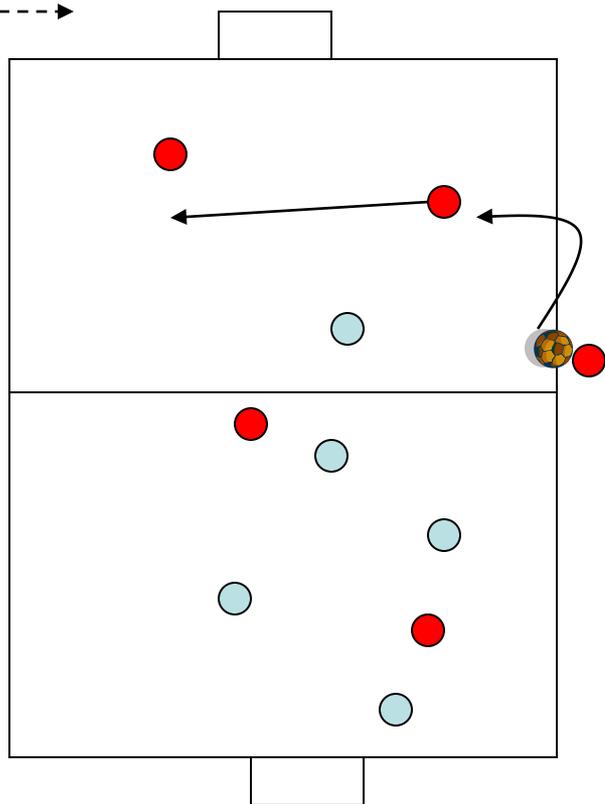
- Communication
- Awareness of defender
- 1st touch towards or to space



Receiving

Objective- *To improve the players ability to receive the ball at different heights*

Ball →
Player - - - - ->



Red player receives ball in air with open body shape and switches field

Final Game

- 1st Area 40x30 with two 5 yard goals
- 12 players 5v5 with Goalkeepers
- 10 players 5v5 without Goalkeepers
- Area is small to encourage the ball to go out of play
- Restarts from ball out of play are from
 - Throw in
 - Pass in

Coaching Points

- Recognition of touch for possession or touch to set up shot/pass
- Line of flight
- Selection of surface
- Control away from pressure
- Awareness of goal
- Communication
- Good team shape