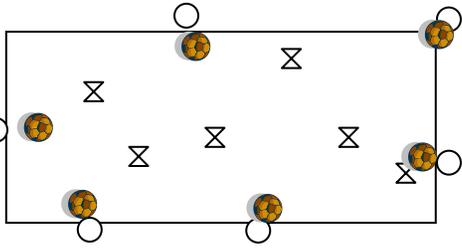
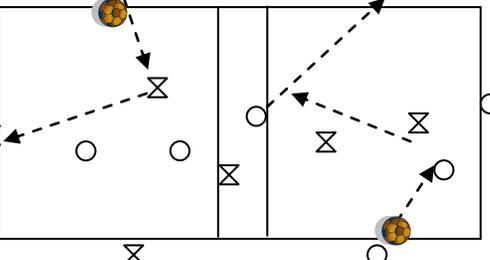
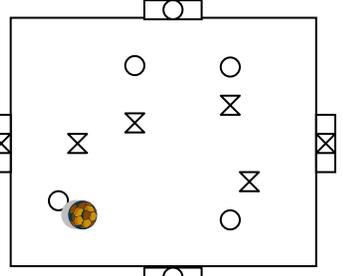
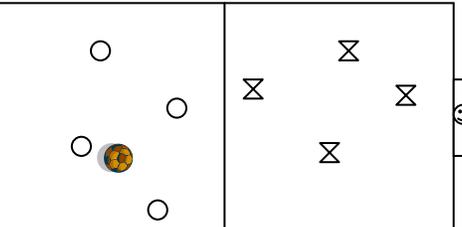




# Receiving



<p>Fundamentals ( Warm up)</p> 	<p><b>Organization</b></p> <p>Area 35 x 25 max 12 players adding 2 coaches</p> <ol style="list-style-type: none"> <li>1. Players on the outside pass to players inside</li> <li>2. Inside players must use two touches and pass to different outside player.</li> <li>3. Look to receive a pass from inside player short then pass long.</li> <li>3. Players receive a short pass then look for a long pass, receive long pass, pass short</li> </ol> <p><i>All passes inside of foot</i></p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Communication –ask for the ball</li> <li>• Spend time with individuals on technique</li> <li>• Relaxed movement with the ball, good body shape.</li> <li>• Coach the players ability to make a good pass with correct weight and accuracy</li> <li>• Get the players to move to the ball – line of flight</li> <li>• Foot selection- players should always choose the foot that the ball is coming to in order to maintain balance</li> <li>• 1<sup>st</sup> touch out of feet- receive the ball and move to space</li> </ul>
<p>Fig 1 <b>Match Related Activity</b> Fig 2</p> 	<p>2 grid areas 20 x 15 yards two teams of 7</p> <p>5v2 with one additional player in the middle</p> <p>Central X player creates a link between the X players across the area.</p> <p>Fig 1: X player receives and passes direct to outside player. One point</p> <p>Fig 2: Combination play -3 players with a split of the defending O players 3 points</p> <p>All players must have a minimum of 2 touches</p>	<ul style="list-style-type: none"> <li>• Position of the body in relation to the ball.</li> <li>• Awareness of passing options before ball arrives</li> <li>• Pace and weighting of the passing.</li> <li>• Emphasize the importance of the first touch.</li> <li>• Moving the ball to take advantage of defending shape</li> <li>• Receive with open body shape</li> </ul>
<p><b>Match Related Activity</b></p> 	<p>Area 35 x 35 yards square. 5 yard goals</p> <p>Vests 7 Reds 7 Blues, Good supply of balls</p> <p>4 v 4 in the playing area with 4 target players.</p> <p>O team plays north to south. X team plays east to west. Play with one ball.</p> <p>First objective is to play the ball into own target players and keep possession of the ball.</p> <p>Progression- on finding your target player change places with them</p>	<ul style="list-style-type: none"> <li>• Team Shape</li> <li>• The ability of players to disguise their passing intentions.</li> <li>• 1<sup>st</sup> touch away from pressure</li> <li>• Disguise intentions of pass with the players 1<sup>st</sup> touch</li> <li>• Control the ball into space/away from pressure</li> </ul>
<p><b>Game Condition Activity</b></p> 	<p>Area of field 30 x 20 or age appropriate</p> <p>5v5 with goalkeepers</p> <p>A good supply of soccer balls.</p> <p>Objective is to create opportunities to pass the ball in a forward direction or shoot</p> <p><b>Observe correct warm down stretching</b></p>	<ul style="list-style-type: none"> <li>• Communication skill between players in possession</li> <li>• Observe and coach when the players have the opportunity to</li> </ul> <ol style="list-style-type: none"> <li>1. Receive the ball in defensive area to draw in opponents</li> <li>2. Receive and turn to goal</li> <li>3. Receive the ball and go forwards</li> </ol>