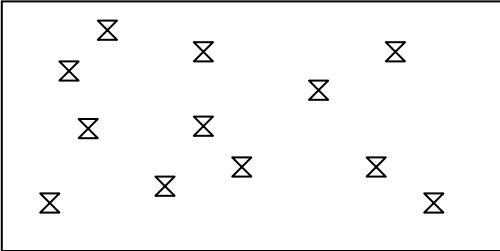
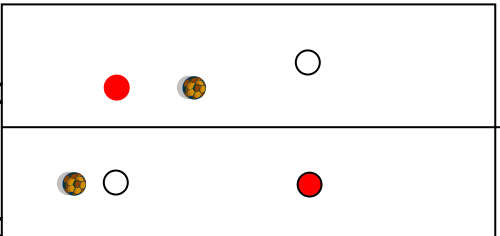
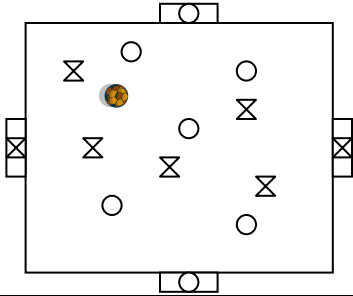
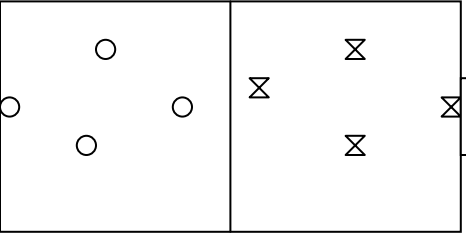




Receiving and Turning.

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Area should be age and field size appropriate • In groups of 3, free movement in area • One ball between each group • Players receive a pass and move away with the ball • Introduce turning technique 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • Getting into line early to receive a pass. • Players having awareness of space to turn into. • Good balance and coordination with the ball. • Players providing a relaxed cushion controlling surface. • Receiving the ball on the half turn.
<p style="text-align: center;">Match Related Activity</p> 	<ul style="list-style-type: none"> • Channeled area of field 30 x 10 yards • Two players play one v one getting the ball to target players x. • Players change positions with target players as required <p>Objective is to receive a pass turn and get the ball to the opposite target Players can pass back to same target for support</p>	<ul style="list-style-type: none"> • Communicating with the players on the outside of the grid, responding to eye contact. • Checking off defender to create space to play. • Early selection of playing surface to be used • Selecting the appropriate skill to be used. i.e. Inside outside cuts, pullbacks
<p style="text-align: center;">Match Related Activity</p> 	<ul style="list-style-type: none"> • Area of field 35 x 35 yards square. • 5 v 5 in the playing area 4 target players. • o team plays north to south. x team plays east to west. Play with one ball. • Objective is to play the ball into respective target players and change position with that player. 	<ul style="list-style-type: none"> • Receiving the ball and playing away from traffic. • Changing of direction and pace turning away from defenders. • Getting into line of flight early. • Observe the ability to perform turns. • Observe the players awareness of space to create time to play.
<p style="text-align: center;">Game Condition Activity</p> 	<ul style="list-style-type: none"> • Area of field 30 x 20 or age appropriate • 4 v 4 with Goal keepers 5 v 5 or 4 v 4 with out Goal keepers. • A good supply of soccer balls. • Objective is to create opportunities to receive and turn with the ball 	<ul style="list-style-type: none"> • Observe the opportunities to turn and change the angle of the ball • Observe the ability to receive and keep possession of the ball. • Observe the body shape in relation to the defender • Observe the ability the fake one way and turn the other • Encourage players to be inventive

Cool-Down Stretching

John Tudor Director of Coach and Player Development