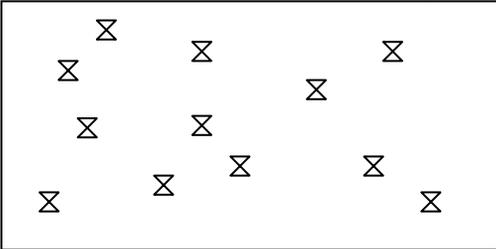
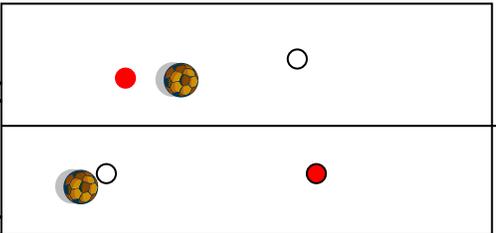
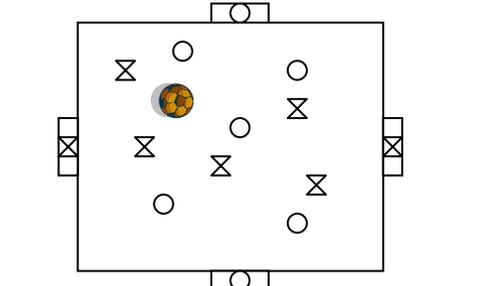
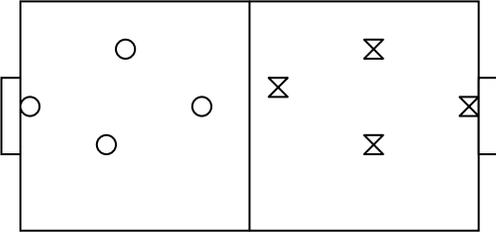




# Receiving

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

Cool-Down Stretching

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