



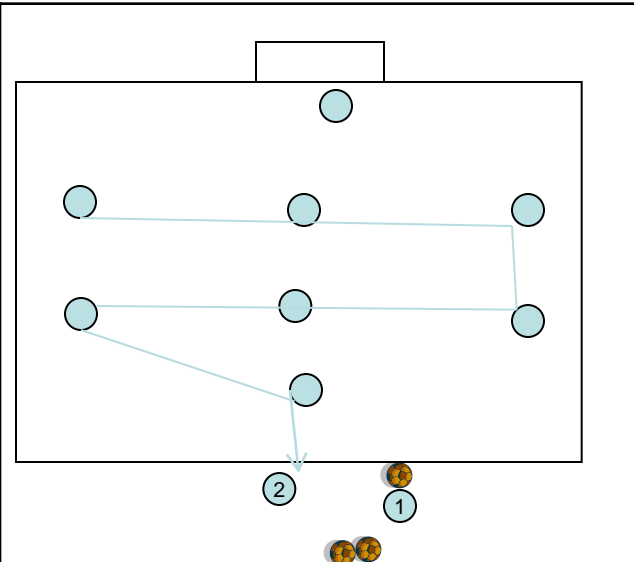
# Receiving on the back foot





# Receiving on the back foot

*functional – Shadow play*



## Organization

Team is put in the formation of 3-3-1 marked out by cones

Additional Soccer balls are on the halfway line

Player 1 dribbles the ball to the goalkeeper

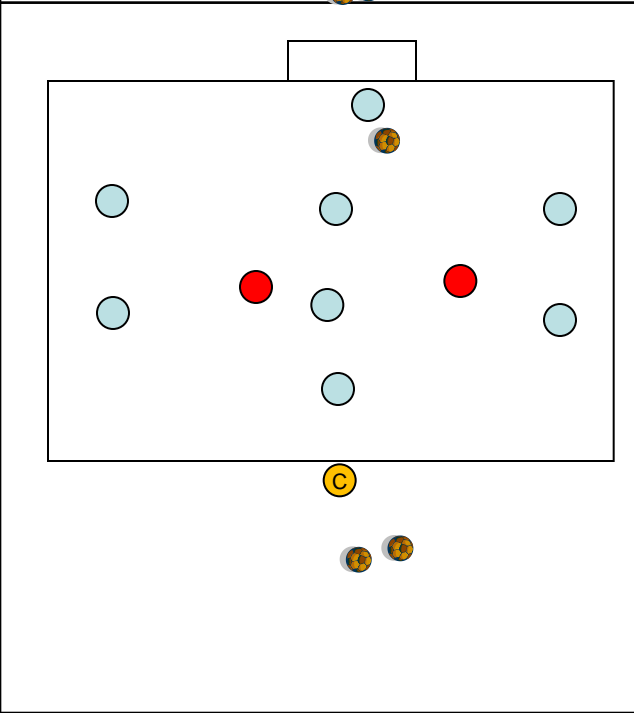
Goalkeeper finds the fullback on any side and the players pass along the line with each zone switching the ball.

When the ball finds the forward they pass to the additional player and it starts again

1. Add another ball
2. Players can pass to any players
3. Allow the players to overlap

## Coaching Points

- Communication
- Quality of pass- Accuracy/pace
- Movement off the ball
- Check before the player before receives



Now players 1 and 2 score in the goal

The coach is added as a target player

When the blue team find the coach the restart is passing to any blue

Coach the team to maintain possession

Coach the fullbacks to overlap

Coach restarts and creates pressure

To add additional pressure move the forward onto the red team and the coach will become the new target forward

- Recognition of pressure
- Coach the players to try and receive the ball with shoulders facing the target