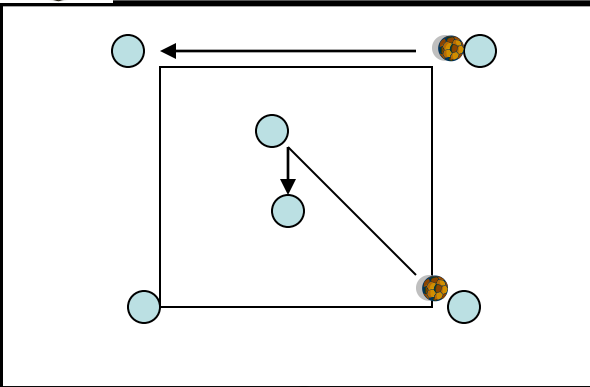




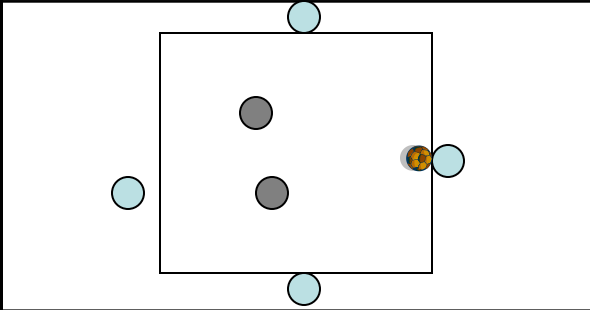
# Receiving on the back foot



**Organization**

**Warm up-** 15 yd. square Groups of 6 with Two balls  
 One player each corner and two in the middle  
 Ball one is passed around the outside of square  
 Have ball 2 in the middle just passed between the 2 players  
 Ball two is now passed into the middle players who combine and pass out  
 Change direction of outside ball with a pass to the front foot

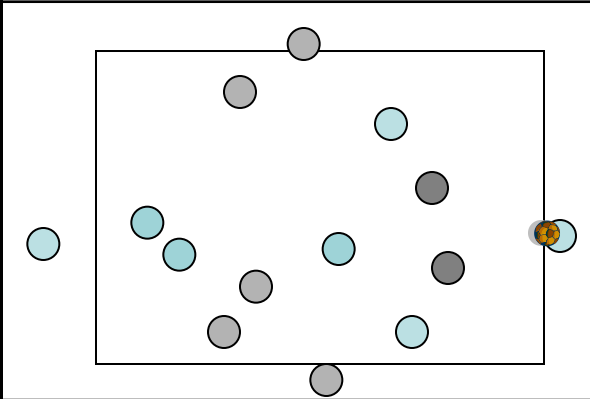
- Coaching points**
- Communication
  - Check to receive
  - Early movement
  - Open body shape
  - Pass to front foot
  - 1<sup>st</sup> touch out of feet
  - Awareness of other ball



**Progression** -15 yard square 4v2

Outside players pass as many times as possible  
 Middle players are restricted to inside the area  
 If middle players intercept pass they change places with the player that touched the ball last

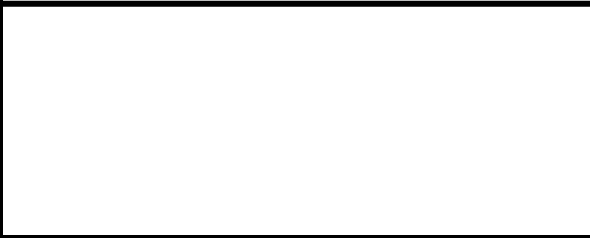
- Early movement
- Angle of support
- Awareness of split pass
- Recognition of support



14 players (10 for U9-U12)

Area 40x40 Each team has 2 targets to score into  
 Team 1 plays North South and Team 2 East West  
 Teams can score on the same target twice

- Team Shape
- Check to receive
- Look Direct 1<sup>st</sup>
- Awareness of opposition
- Recognition of pressure



Final Game 2x small sided  
 5v5 and 4v4 with Goalkeepers  
 Restart from Goalkeeper  
 Ball into forwards

- Team Shape
- Recognizing when to receive on back foot
- Checking at an angle



# Receiving on the back foot

*functional – Shadow play*



## Organization

Area ½ the field

Team is put in the formation of 4-4-2 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

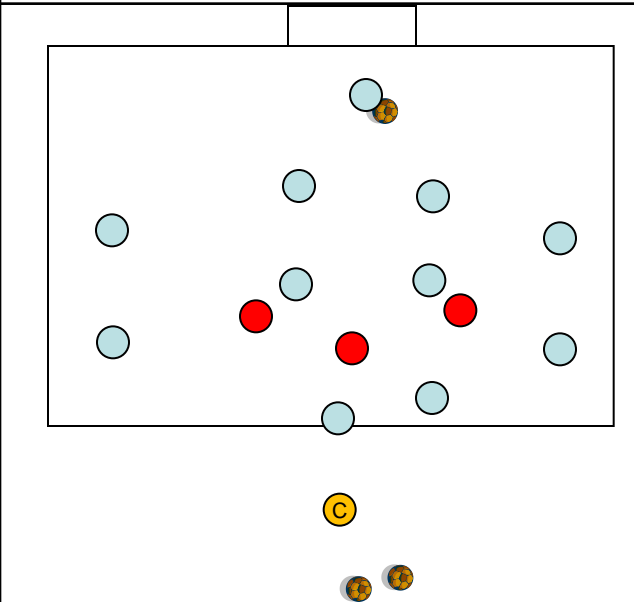
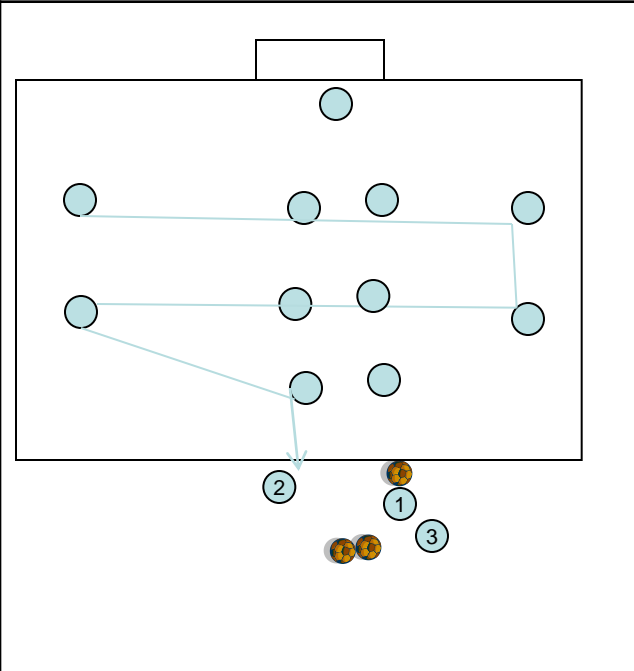
switching the ball.

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

1. Add another ball
2. Make the forwards kris cross before receiving
3. Make the forwards Kris cross and combine before passing to forward
4. Players can pass to any players
5. Allow the players to overlap

## Coaching Points

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



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

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