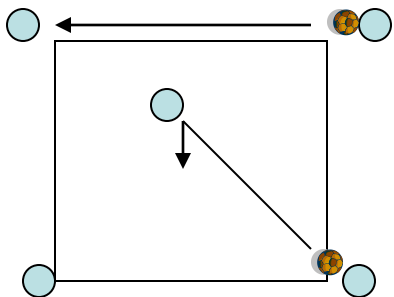




# Receiving on the back foot

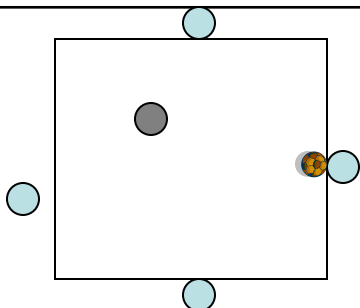


## Organization

**Warm up-** 15 yd. square Groups of 5 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 dribbled around to start  
 Ball two is now passed into the middle player who receives and passes out  
 Change direction of outside ball with a pass to the front foot

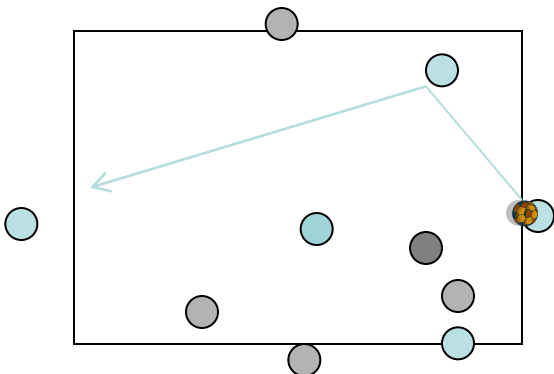
## Coaching points

- 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
- Check at an Angle



**Progression** -15 yard square 4v1  
 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



10 players  
 Area 30x30 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

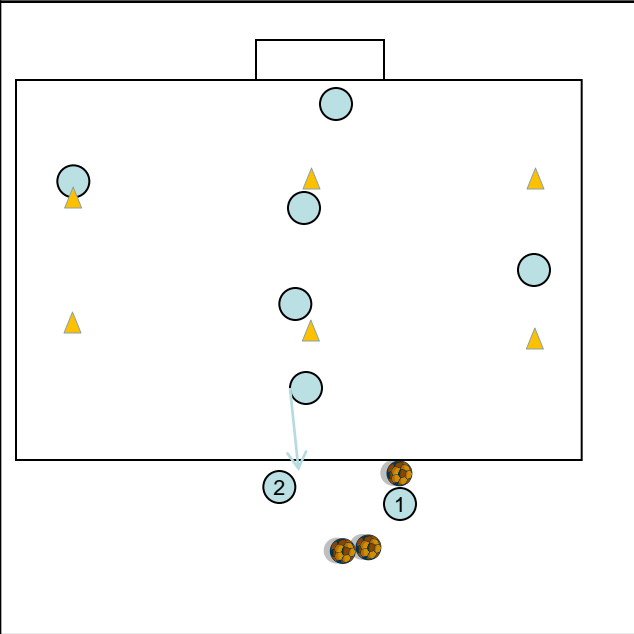
Final Game  
 5v5 with Goalkeepers  
 Restart from Goalkeeper  
 Ball into forwards

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



# Receiving on the back foot

*functional – Shadow play*



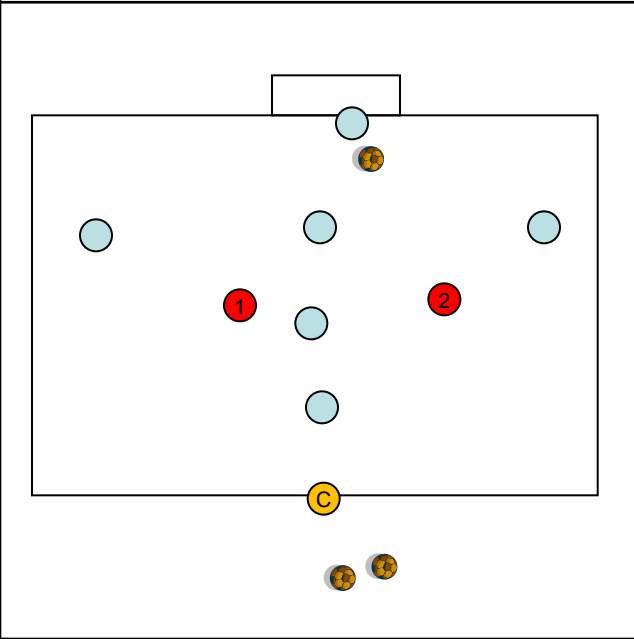
## Organization

Team is put in the formation of 1-1-1 with 2 wide players marked out by cones  
 Wide area has 2 cones  
 Additional Soccer balls are on the halfway line  
 Player 1 dribbles the ball to the goalkeeper and replaces the player that the Goalkeeper passes to.  
 Goalkeeper finds the wide player and the players pass and follow their pass along the line with each zone switching the ball.  
 Wide player receives the ball on either the midfield or wide defender position  
 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

## 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 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