

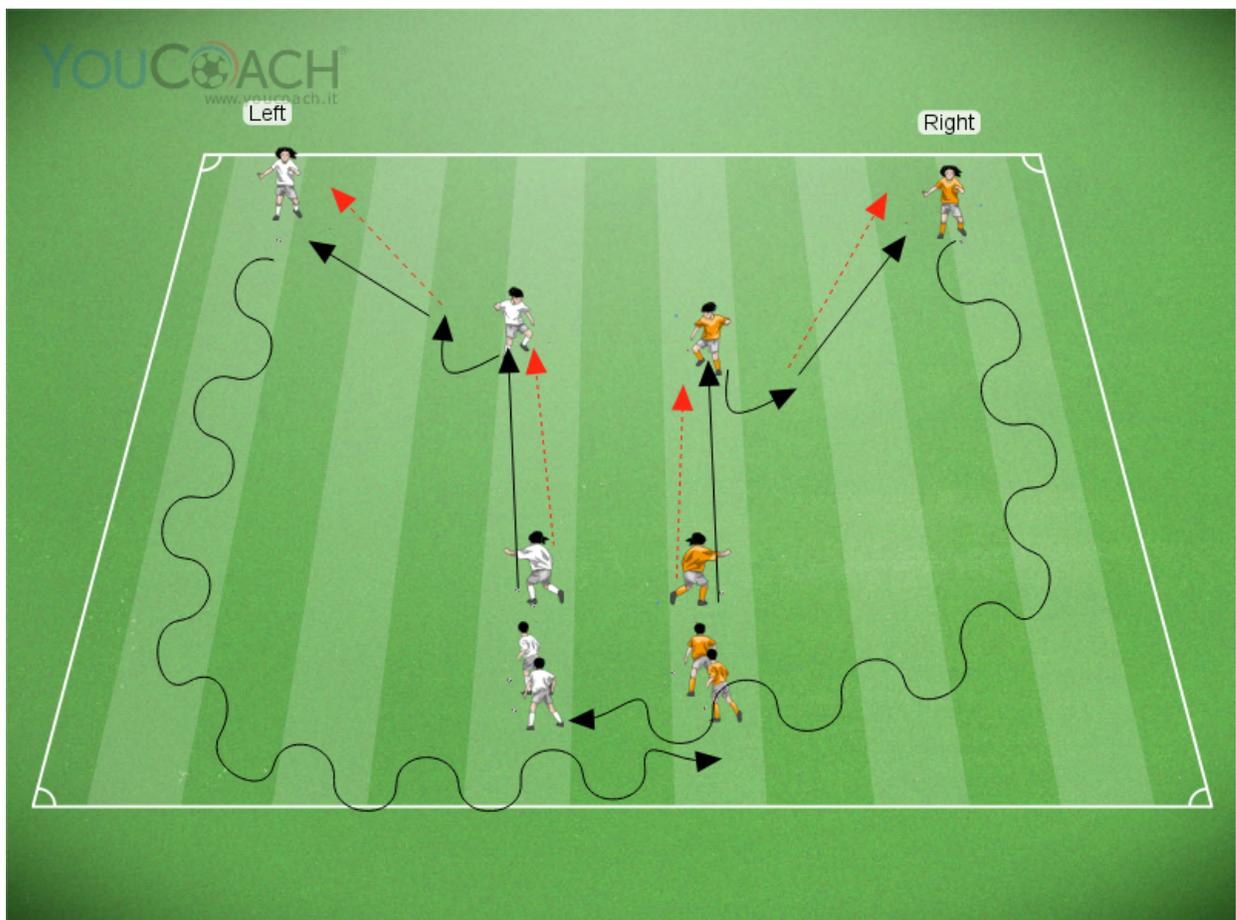
Topic 1: Receiving

Objectives:

Learning to receive the ball, using different surfaces of the foot. Learning to manipulate the ball and re-direct short. Learning to take an oriented first touch anticipating the next pass. Use of communication. Body mechanics.

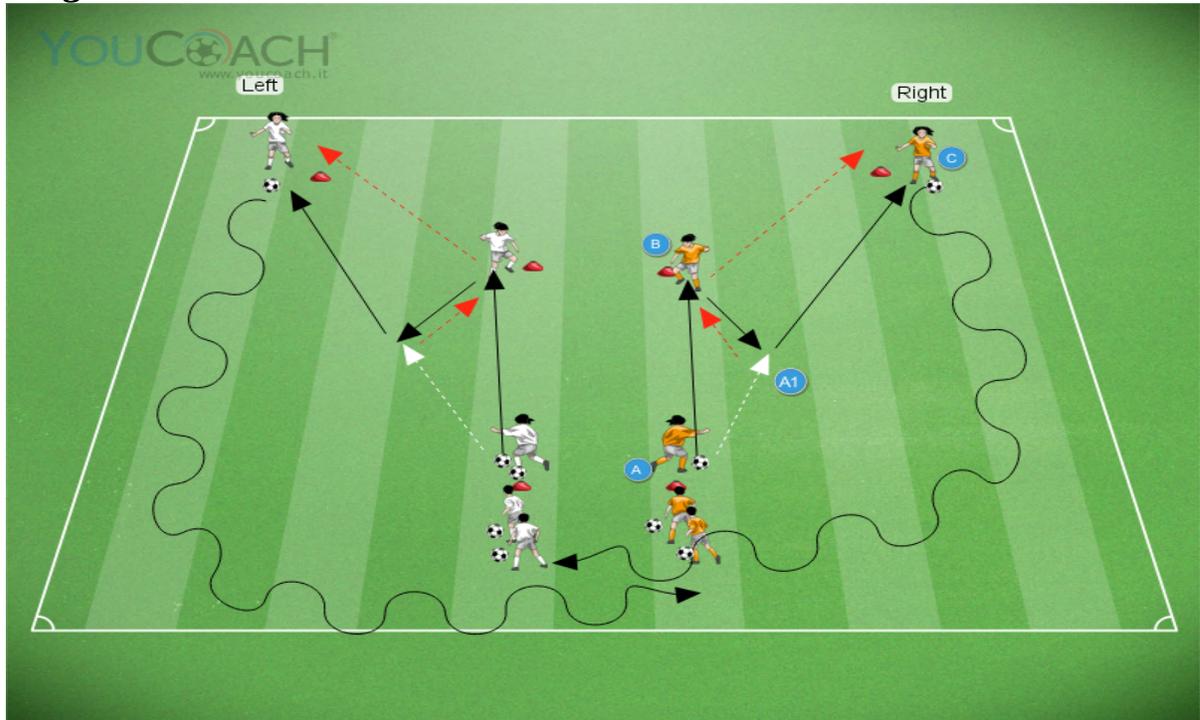
The "Y" station.

Description: 3 cones positioned like a Y 8 yards apart. Players A start with a pass to player B following his pass. Player B controls across his body and pass to C following his pass. C take a positive touch and dribble the ball to point A

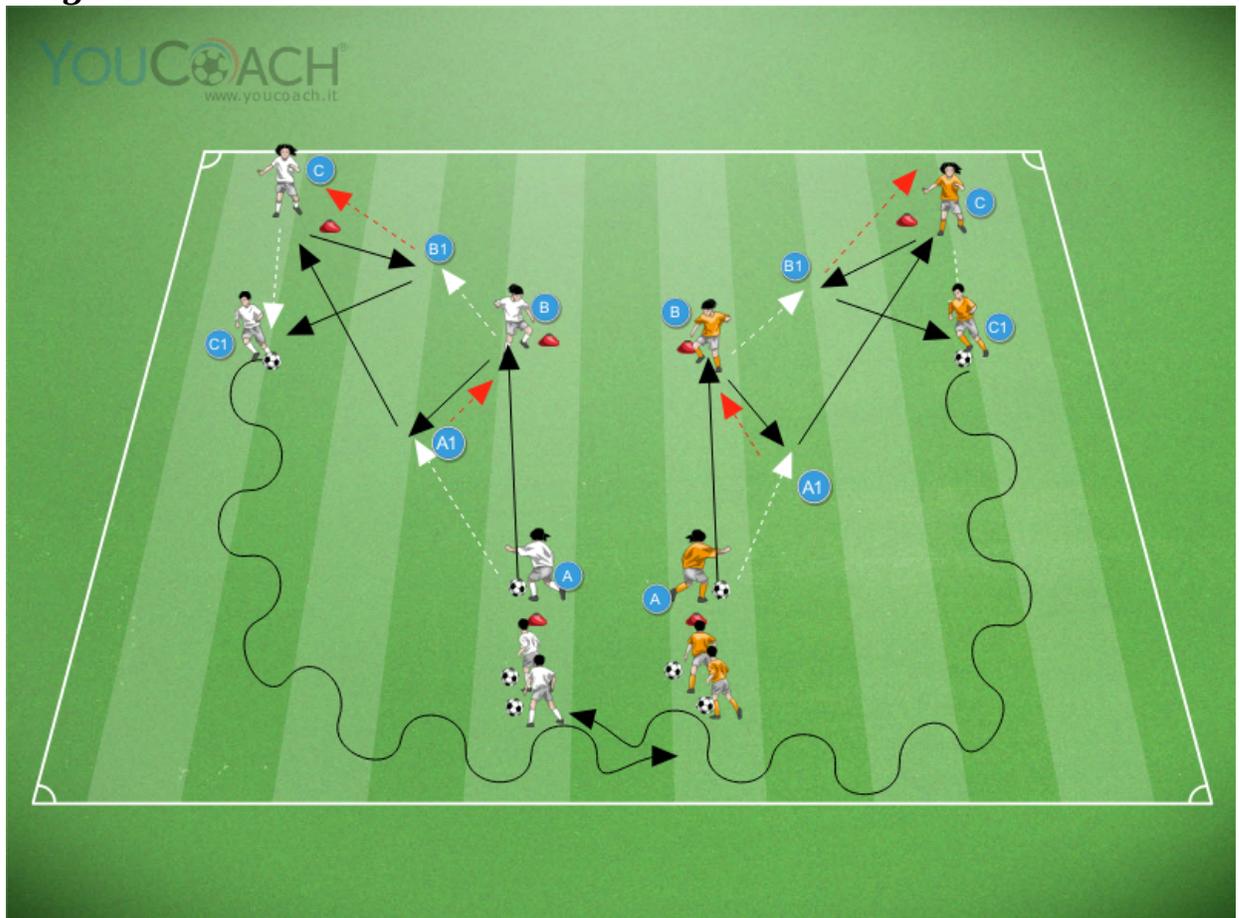


Coach and Encourage: Use proper foot and surface. Control into space. Accuracy and weight. Sharp crisp ball. "Eyes up! Eyes on the ball!!". Call for the ball! On your toes when waiting for the ball. Move away-check prior receiving. No walking! Sprint after your pass! Proper body mechanics (low center of gravity etc.)

Progression 1



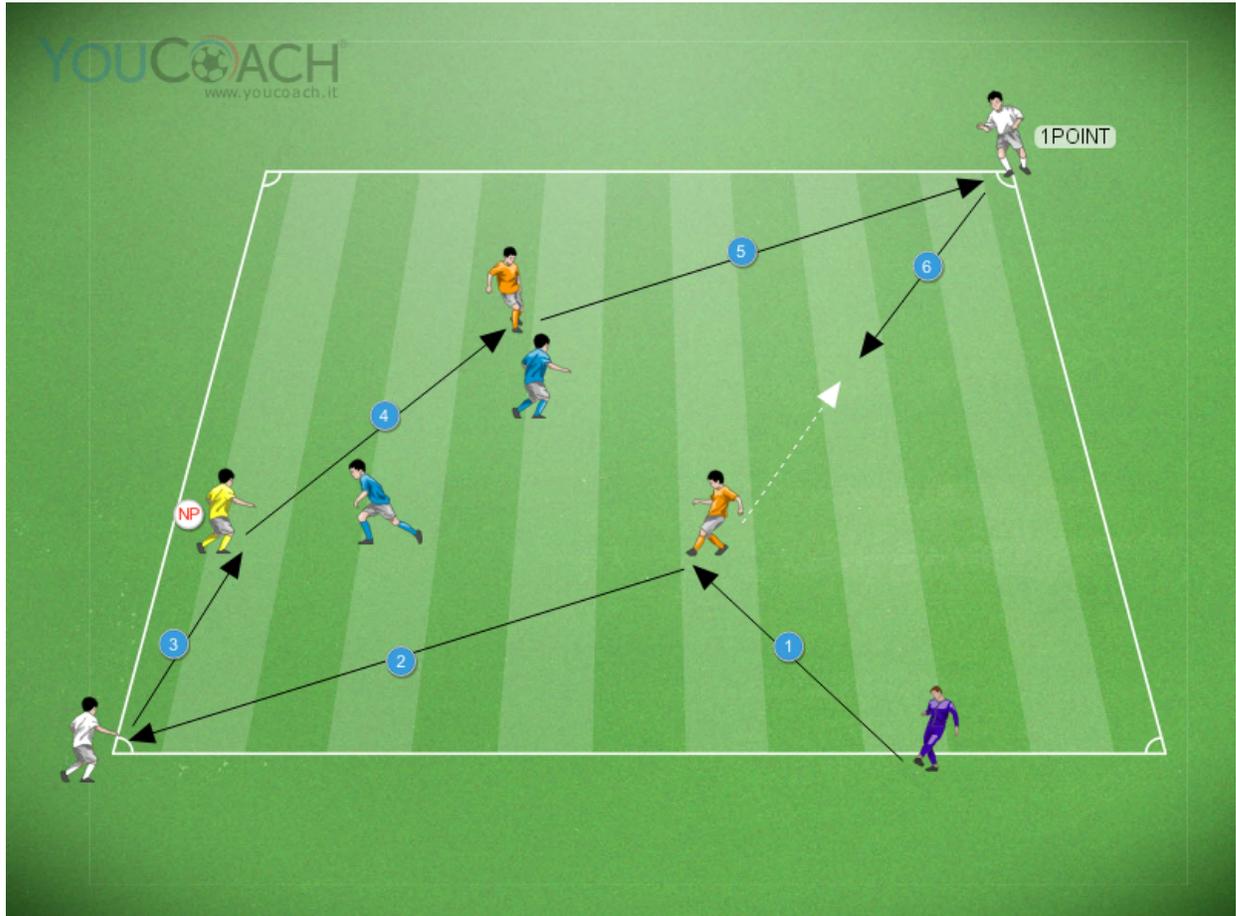
Progression 2



2vs2 + 1 NP + 2 corners players

Description:

20x20 square grid. 2vs2 + 1 NP inside the grid. 2 players on opposite corners. In order to score a point, team has to complete a pass on both players on the corners without losing possession.

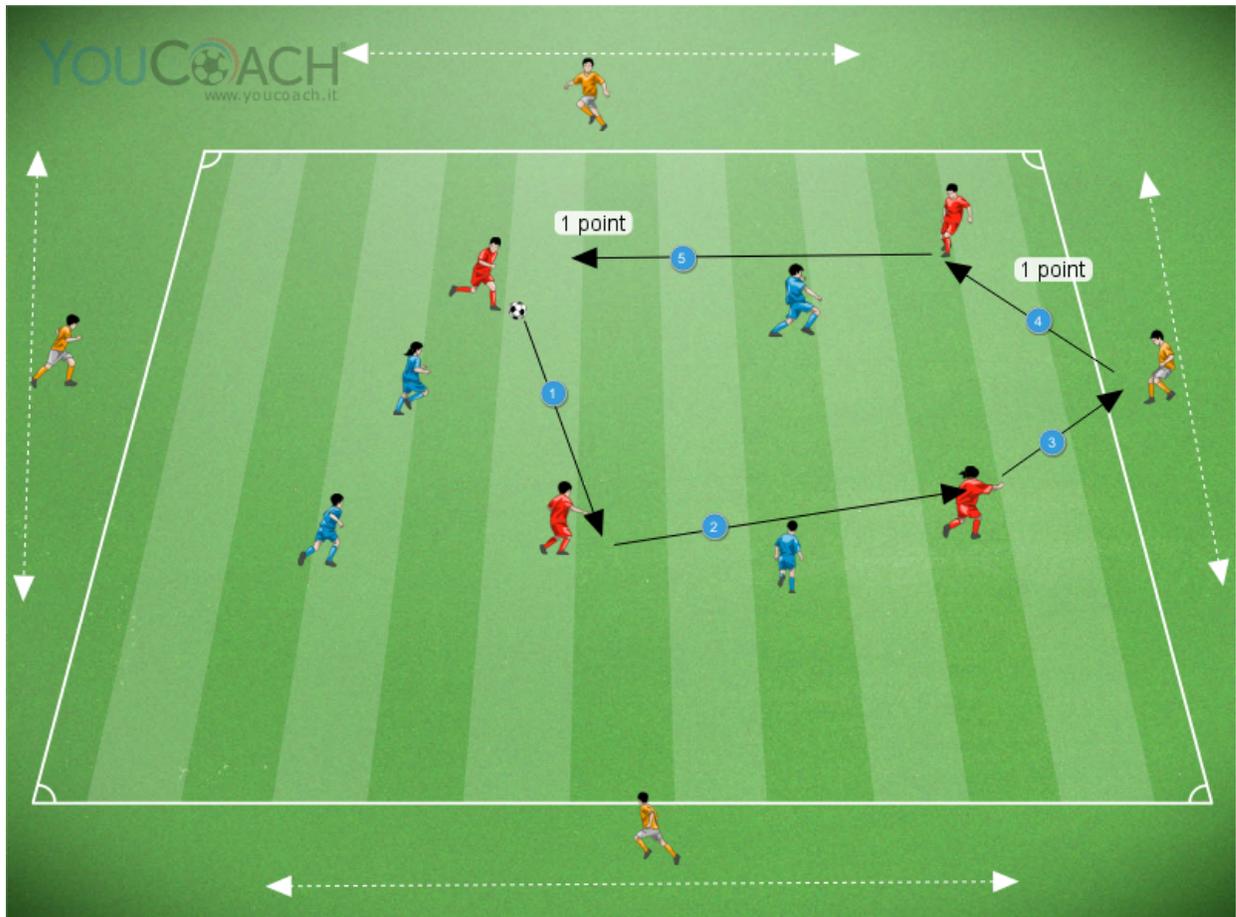


Coach and encourage: Oriented control to engage teammate. Move to get into position inline with the incoming pass (do not reach for it) Get body behind the ball when receiving, cushion the incoming ball. Proper choice of surface. Ask: When should you pass to my partner's feet? When should I pass in the space? Decision on the ball.

Progression : 1 Point is scored with a wall pass to a third player. 2 Players keep their pennies in their hands and switch with corners players every time they receive a pass.

"21"game 4vs4 + Bumpers(modified)

Description: 25x25 grid. 2 bumper players on each sideline 1 bumper player on each end line. 4vs4 in the grid. Team in possession can score a point in two ways: play a combination with the bumper player or accomplish 3 consecutive passes. Side line bumpers can not enter the grid neither defended. Switch bumpers when a Team scores 10 points or after 5 min.



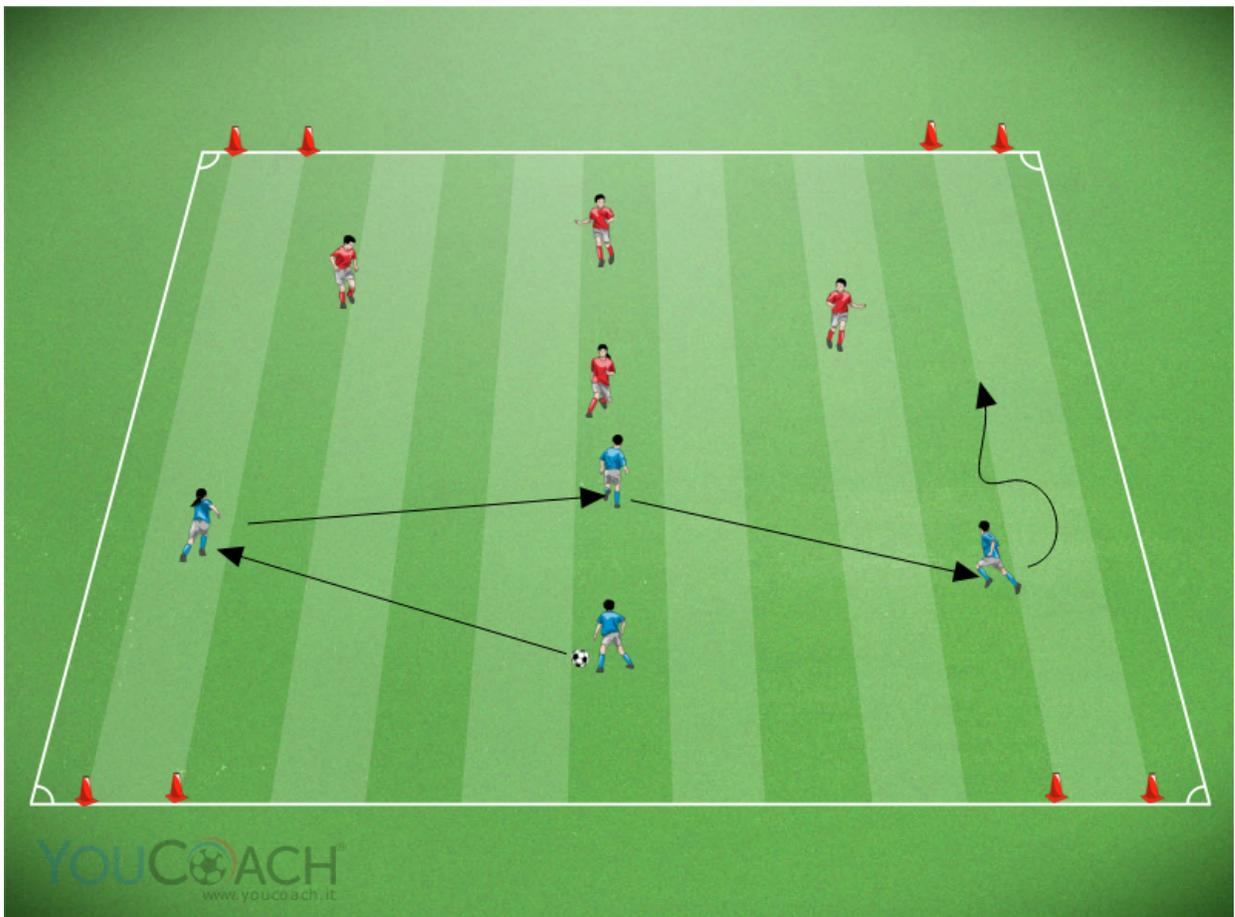
Coach and Encourage: Proper passing technique. Prepare body to receive ball (body, cushion, surface.) First touch to control into space for next pass. Turning and vision. Communication and movement between teammates and neutral players. Decision off the ball (where can I move to support? How do I create numerical advantage?)

Progression: 1 the player passing the ball to bumper player has to switch with him.

4 vs 4 + 4 small goals

Description: 30x25 grid. 4 small goals. 4vs4. Point is scored with a dribble through a small goal or a receiving a pass after a run through the goal.

Progression 1 Once a team has scored in one goal can not score in that goal again. **2** remove the small goals and play a regular game.



Coach and encourage : Proper receiving technique. Keep the ball moving. *Move away from pressure. Use width and depth. Ask: how can you be an option for your team. Make decisions quickly by reading the game.*

