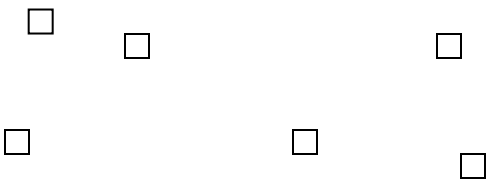
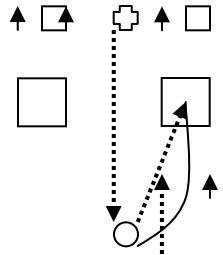
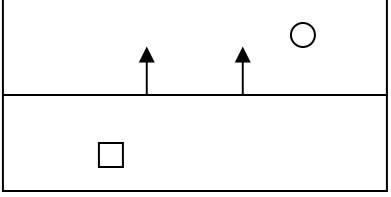
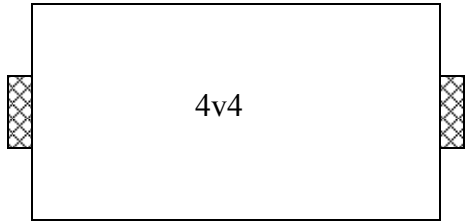




Name:

Topic: Receiving

Date:

| <p>FUNDAMENTAL – WARM UP</p>  | <p>ORGANIZATION</p> <ul style="list-style-type: none"> Ball between three people – moving and passing Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p> | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Relax the controlling surface |
|---|---|--|
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> Set up two grids with three yard goals behind each of them Server passes to active player, who must touch ball into either of the squares and then plays ball through the goal Rotate players Player with most goals wins <p>Progressions: Place restrictions like receive with outside of right foot and play with inside or right</p> | <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble |
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> Play 1v1 in a 50-x-25 yard area with a 3 yard goal in the middle Each player must remain in their own half The ball is served from behind the end line and the other player must return the ball though the cones with only two touches A point is awarded when the opponent is unable to return the ball in two touches First person to 21 wins <p>Progressions: Add more players to each side.</p> | <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble |
| <p>MATCH CONDITION GAME</p>  | <ul style="list-style-type: none"> Play 4v4 No restrictions on players | <ul style="list-style-type: none"> Observe to see if session has helped with receiving ability |