



<b>Theme of Session:</b>	<b>RECEIVING ...</b>
<b>Week:</b>	<b>WEEK</b>

Section	Time	Games / Skills	Coaching Points
<b>(1) Warm -Up</b>	0-15	<ul style="list-style-type: none"> <li>•Fast Walk the field with the ball</li> <li>•Juggle for five minutes</li> <li>•One Touch with partner</li> <li>•Stretching Exercise in a group</li> </ul>	
<b>(2) Skill Building</b>	45-60	<p style="text-align: center;"><b><u>FIVE SIMULTANEOUS STATIONS</u></b> Groups of 3-4 players per</p> <p><b>1. <u>SOCCER WAVE</u></b></p> <ul style="list-style-type: none"> <li>- Player 1,2,3</li> <li>- Player 1 plays to soccer wave and traps ball and proceeds to dribble around cone and to end of queue</li> <li>- Player2....player 3...etc</li> </ul> <p><b>2. <u>"Side to Side"</u></b></p> <ul style="list-style-type: none"> <li>- 10yds by 20 yd grid</li> <li>- 2 players stationary .. Who pass to other play coming onto the cone</li> <li>- 1 player receiving the ball cone to cone</li> <li>- ROTATE after 10-15 reps</li> <li>- Progression :</li> <li>• Receive outside of cone and play ball to inside of cone</li> <li>• One touch</li> </ul> <p><b>3. <u>"Player in the middle"</u></b></p> <ul style="list-style-type: none"> <li>- 8yd by 8 yd grid</li> <li>- One player in the middle</li> <li>- Other players &amp; coach at the grid corners</li> <li>- Play ball to player in the middle to receive</li> <li>- Progressions</li> <li>• To feet</li> <li>• To thigh, chest, head</li> <li>• One touch</li> </ul>	<p><b><u>Technique</u></b></p> <ul style="list-style-type: none"> <li>• Toe Up / Ankle locked Up ... (for inside of foot)</li> <li>• Check 'around' before you receive the ball</li> <li>• Look at the ball at the moment of contact</li> <li>• Decide where you will pass or dribble - DECISION of where to receive</li> <li>• "PREPARE" the ball --- away from pressure....</li> <li>-Which direction</li> <li>-Long or short</li> <li>-...or...in front of you ...</li> <li><b>CATCH LIKE AN EGG</b></li> </ul>



<b>Theme of Session:</b>	<b>RECEIVING (page 2)</b>
<b>Week:</b>	<b>WEEK</b>

Section	Time	Games / Skills	Coaching Points
(2) Continued		<ol style="list-style-type: none"> <li><b><u>Long Ball - into defensive zone</u></b> <ul style="list-style-type: none"> <li>Long Pass from Coach ( 30 yds away)</li> <li>Receive to forward position ...left or right</li> <li>Distribute to player</li> <li>Repeat 10-15 reps</li> <li>ROTATE</li> </ul> </li> <li><b><u>Long Ball - into offensive zone</u></b> <ul style="list-style-type: none"> <li>Long Pass from Coach ( 20-25 yds ..as player is moving forward</li> <li>Dribble forward around cone and return to queue</li> <li>Distribute ball to coach</li> <li>Keep queue flowing</li> </ul> </li> </ol>	
(3) Small Game	30	<u>Three v. Three with 2 and 2 (8)</u> <ul style="list-style-type: none"> <li>30 yds by 40 yds grid</li> <li>Use pinnies (red, yellow, )</li> <li>Per team : Three players in the grid, 2 outside..opposite ends</li> <li>2 simultaneous games</li> <li>“Goal” is scored when ‘pass’ to teammate outside of the grid</li> <li>Switch teams after 5 minutes</li> <li>3 ‘rounds’</li> </ul>	<p><b>Control, Receiving</b></p> <p><b>&amp;</b></p> <p><b>SUPPORT !!!</b></p> <p><b>HIGH ENERGY</b></p>
(5) Cool Down	70-75	<ul style="list-style-type: none"> <li>Juggle</li> <li>Light Stretching</li> </ul>	
(6) Skull Session	75-90		