

RECEIVING



CLUBS & COMMUNITY

Specific Aspect: Receiving with first touch forward/into space.

Play - Influence

- 5v5 Small sided game.
- **Reward:** if you can take your first touch over one of the third lines before scoring = 3 goals.
- Any other goal is worth 1.

Coaching Points:

- Today's Challenge: "Today we are working on taking our first touch forward".
- Pass to player should be away from the pressure and on an angle.
- Scan over the shoulders – check for space, pressure and options.
- Body position open to play forward,.
- Speed and direction of touch.
- Support - Can the player on the ball have a player either side to receive?

Practice - Teach

- Each team has a target player on opposite sides as shown.
- Practice starts unopposed, with each team working a ball from target player to target player.

Possible Progressions:

- When you pass into the target player, you take their place, and they drive out.
- Two players must touch ball before it hits the end.
- Develop practice to fully-opposed; to score a point you must pass the ball from your target to the other (can either have the target player static or change every time they receive a pass).

Coaching Points:

- Pass to player should be away from the pressure and on an angle.
- Scan over the shoulders – check for space, pressure and options.
- Body position open to play forward.
- Speed and direction of touch.
- Support - Can the player on the ball have a player either side to receive?

Play - Observe

- Finish session with a game,

Encourage a creative first touch and effort. Allow the players to play!

Coach Self Reflection:

- Did the players get the opportunity to practice their technique?
- Did you find the opportunity to develop the individual player within the session?
- Did you see a change in the players behaviour relating to the specific aspect (if not, what could you do differently?).
- Did you create a safe and enjoyable environment?

