Topic: Receiving Date:

FUNDAMENTAL – WARM UP	ORGANIZATION Ball between three people – moving and passing Emphasis on first touch preparing for next touch Progressions: Specify what surface must be use to control the ball.	KEY COACHING POINTS 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
MATCH RELATED ACTIVITY	 Squares number off 1, 2, 3, 4 Circles letter off a, b, c, d Groups stay in their half and pass sequentially Progressions: Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix. 	 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
MATCH RELATED ACTIVITY	 Play 3v3 in a 20-x-30 yard area Have one neutral player be on each sideline Neutrals can move along the sideline Points awarded for consecutive number of passes Progressions: Progress to two neutrals being target players and points being scored by passes to target players 	 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
MATCH CONDITION GAME 4v4	 Play 4v4 No restrictions on players 	Observe to see if session has helped with receiving ability