


# TOPIC: Receiving and Turning

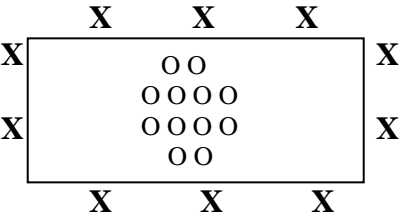
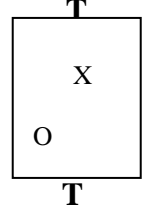
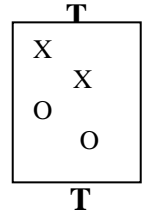
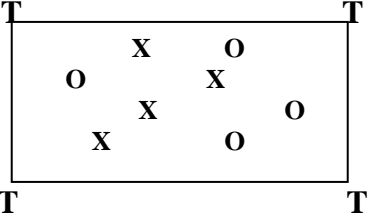
Key:

Running without the ball 

Running with the ball 

Pass 

Coach Name: Sheila McGill, State ODP Coach

<p style="text-align: center;"><b><u>WARM-UP</u></b></p> 	<p style="text-align: center;"><b><u>ORGANIZATION</u></b></p> <ul style="list-style-type: none"> <li>• 1/2 of team around outside w/ a ball, 1/2 of team inside w/o a ball.</li> <li>• <b>Progression:</b> <ol style="list-style-type: none"> <li>1. Receive, turn, pass back</li> <li>2. Receive one touch back</li> <li>3. Receive, turn, pass elsewhere</li> <li>4. Receive "Turn" or "Man on"</li> </ol> </li> </ul>	<p style="text-align: center;"><b><u>KEY COACHING POINTS</u></b></p> <ul style="list-style-type: none"> <li>• Pace and accuracy of pass</li> <li>• Receiving on a 1/2 turn</li> <li>• Quick turns</li> <li>• Timing and angle of checking runs</li> <li>• Verbal commands, "Turn", "Man on"</li> <li>• Change of pace</li> </ul>
<p style="text-align: center;"><b><u>ACTIVITY 2</u></b></p>  <p>15min.</p>	<p>10x15</p> <ul style="list-style-type: none"> <li>• Two teams of 2, 1v1 to Targets</li> <li>• T passes to O, X defends; O tries to pass to opposite T. 1 pt if you pass from one T to the other T. Keep track of points. You get a pt. you stay on attack</li> <li>• If defender steals ball they can counter attack and receive a point</li> </ul>	<ul style="list-style-type: none"> <li>• Early decision making</li> <li>• Creating Space for self</li> <li>• Self Pass/Facing up</li> <li>• Post-up turns/Outside of foot turns</li> <li>• Body (receive on 1/2 turn)</li> <li>• Ball positioning (receive w/ ball away from def.)</li> </ul>
<p style="text-align: center;"><b><u>ACTIVITY 2</u></b></p>  <p>15min.</p>	<p>15x20</p> <ul style="list-style-type: none"> <li>• Two teams of 4, 2v2</li> <li>• T passes to O, X defends; O tries to pass to opposite T. 1 pt if you pass from one T to the other T. Keep track of points. You get a pt. you stay on attack</li> <li>• If defender steals ball they can counter attack and receive a point</li> </ul>	<ul style="list-style-type: none"> <li>• Early decision making</li> <li>• Vision (See the "Turn" Opportunities)</li> <li>• Combination Play</li> <li>• Creating Space for self and others (don't take away passing lane of partner, checking in and out)</li> <li>• Body and ball positioning</li> </ul>
<p style="text-align: center;"><b><u>GAME</u></b></p> 	<p>30x40</p> <ul style="list-style-type: none"> <li>• Groups of 12, 4 v4 to rotating Targets</li> <li>• Each team has two diagonal Targets; get the ball from one Target to the other for a pt.</li> <li>• You pass into the target you take their spot, The target then enters the field</li> </ul>	<ul style="list-style-type: none"> <li>• Early decision making</li> <li>• Creating and keeping Space</li> <li>• Facing up and seeing the target</li> <li>• Vision (can I get it there myself)</li> <li>• Body (receive on 1/2 turn)</li> </ul>