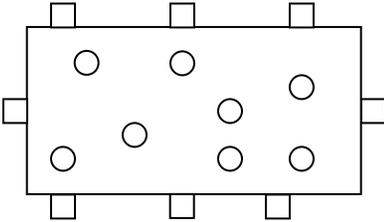
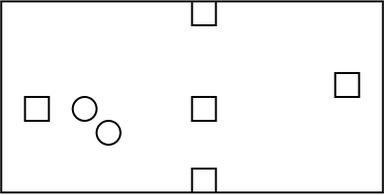
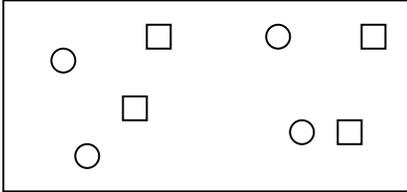
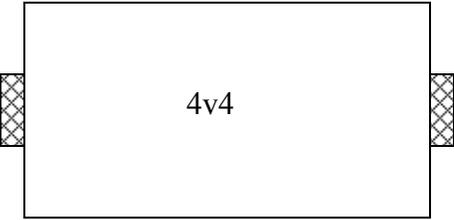




Name:

Topic: Receiving

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up a 25-x-35 yard grid</li> <li>▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>▪ Players on the inside show for a ball, receive a pass, and then pass the ball back to the outside</li> <li>▪ Stretch then switch inside/outside players</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to control the ball. At first, they must return the ball to the person that passed it to them, later they return it to someone else.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 5v2 in a 20-x-30 yard area</li> <li>▪ Defenders switch roles with an attacker when they intercept a pass</li> <li>▪ Points earned by a pass splitting the defense or for a predetermined number of passes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 25-x-35 yard area</li> <li>▪ Points scored by dribbling ball, under control, over the end line</li> <li>▪ Players pass ball around until someone has opportunity to dribble</li> <li>▪ Players must have a dynamic first touch to set up an opportunity to penetrate</li> </ul> <p><b>Progressions:</b> Add goals on the endlines for teams to score on.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving ability</li> </ul>