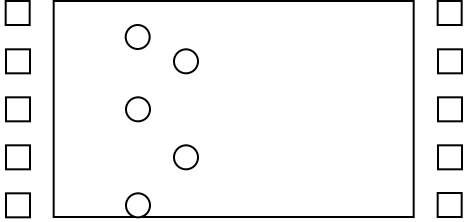
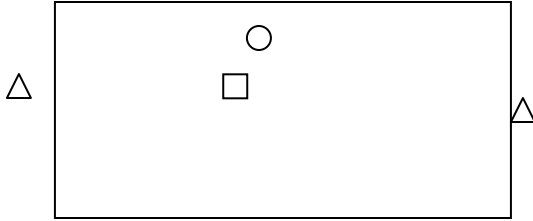
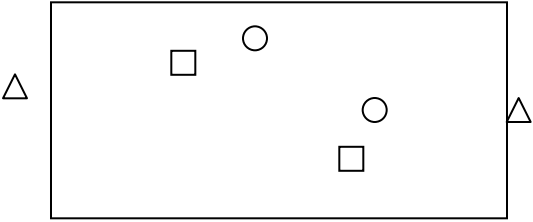
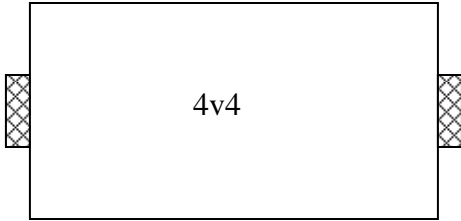




Name:

Topic: Receiving and turning

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-15 yard area</li> <li>Players stand on one end line with balls, other players are in middle or on other end line</li> <li>Players in middle jog around, show for a ball, receive a ball, and then turn and play the ball to the other side</li> <li>Stretch and switch roles</li> </ul> <p><b>Progressions:</b> Demonstrate different ways of turning the ball; have them do the different methods.</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>Accelerate after turning</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 1v1 in a 20-x-10 yard area, with a neutral player on each end line</li> <li>Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral</li> <li>Switch roles after loss of possession</li> <li>Play for one minute, then active players switch with neutrals</li> </ul> <p><b>Progressions:</b> Move to next exercise.</p>	<ul style="list-style-type: none"> <li>Good receiving technique</li> <li>Look for pressure</li> <li>Turn away from pressure</li> <li>Accelerate after turning</li> <li>What foot to use to receive ball and how to turn determined by location of pass being received and location of the defender</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 2v2 in a 20-x-15 yard area, with a neutral player on each end line</li> <li>Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral</li> <li>Switch roles after loss of possession</li> <li>Play for one minute, then losing team switches with the neutrals</li> </ul>	<ul style="list-style-type: none"> <li>Good receiving technique</li> <li>Look for pressure</li> <li>Turn away from pressure</li> <li>Accelerate after turning</li> <li>What foot to use to receive ball determined by location of pass being received and location of the defender</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on the players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if practice session has helped with receiving and turning</li> </ul>