



Name: **Dan Dolan**

Theme: **Receiving**

Date: **9/14/07**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> - Groups of three with one ball to a group. Pass and move within the half - Progress: To random passing and moving. Receive with front foot. 	<ul style="list-style-type: none"> - Focus on receiving with inside of foot - Does the player get in line with the ball - Are they using the correct surface - Relax and cushion the ball - The ball should be controlled in front of them - Do they control the ball on the run
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> - Play 2v2 + 1 in a 25 x 25 area. 5 tall cones are set up within the grid. - Team scores by players passing the ball so it knocks over one of the cones. Once cone gets knocked down the coach goes and picks it back up. - Play to 5 or 10. - Progress to 4 v4 or 5v5. Make grid larger if you play with more numbers. 	<ul style="list-style-type: none"> - Focus on their 1st touch - Remember your coaching their receiving skills. Are they using the correct surface when they are about to receive a pass? - Can they control the pass into space - Do they open up their body to receive the ball - Come and meet the ball or don't wait for it
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> - Play 4v4 in 30 x 20 grid with two end zones - Score by completing a pass in the opponent's end zone. Must be a good trap! Variation: Use a plus player if there is a lack of success. Progress: Play to small goals 	<ul style="list-style-type: none"> - Open up body towards the field rather than to the sideline - Are they checking to the ball at an angle 'game speed' - Have arm up to feel where pressure is coming from - Head up to know where to play first touch
MATCH CONDITION GAME	Play 6v6 to goals with keepers	- Has the session helped with their receiving ability?