



PLAY – RECEIVING THE BALL

Focus: Receiving the ball in space.

Explanation

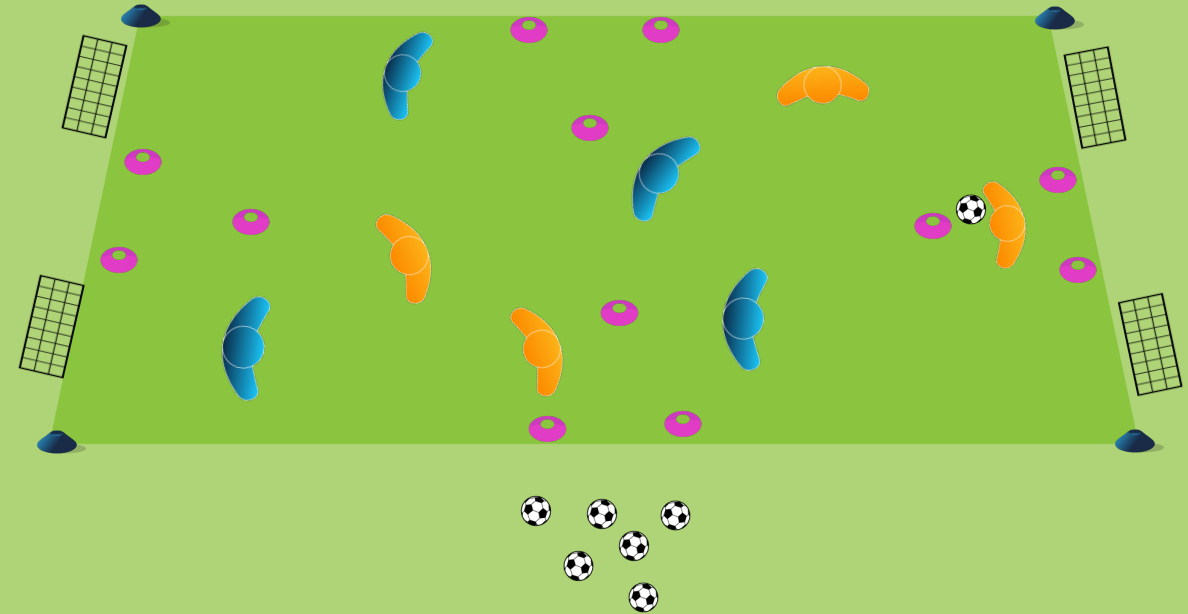
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- Add some small 'no tackle' triangle shaped zones around the area.
- If a player is in these zones they cannot be tackled and are free receive a pass.
- To score a point a player must receive the ball inside the 'no tackle' zone and take their first touch out of it without losing the ball.
- Once a team has made a successful first touch outside of a 'no tackle' zone, they can then attack the small goals to score another point.

Coaching Points

- Use the inside of your foot to receive the ball.
- The inside of your foot is the largest area of the foot to use.
- Try and take the ball out of the 'no tackle' zone with your first touch.
- If your teammate has the ball, can you be nearby so they can pass to you.

SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- Add or remove goals depending on how many players you have.
- Add more or remove 'no tackle' zones.
- Use the outside of your foot to receive the ball.





PRACTICE – RECEIVING THE BALL

Focus: Receiving the ball in space.

Explanation

- Using the same area, remove the 'no tackle' zones and add in one small square area in the centre.
- Half of the players start with a ball in the playing area and half of the players stand on the outside of the area without a ball.
- Players with a ball (on the inside of the area) pass to a player on the outside of the area and swap places with them.
- The player on the outside receives the ball, controlling it with their foot and then moves with the ball towards the middle square, goes in one side and then out of another to then look for a different outside player to pass to.
- Process repeats.

Coaching Points

- Use the inside of your foot to receive the ball.
- Use the outside of your foot to receive the ball.
- Watch the ball as it travels towards you.
- With your first touch, move the ball in the direction you want it to go.
- Practice using both feet.

SO-CHANGE-IT

- Add a bounce pass (wall pass, or 1-2 pass).
- Add a competition, how many passes can you make in 1 minute?
- Left foot only, right foot only.
- Add in a defender to create awareness of pressure on the first touch.

Repeat Play

- Return to the first game set up for the last part of your session, now without zones.
- Has the players first touch when receiving the ball improved?

