



Partner Receiving

Receiving

Time 10 minutes

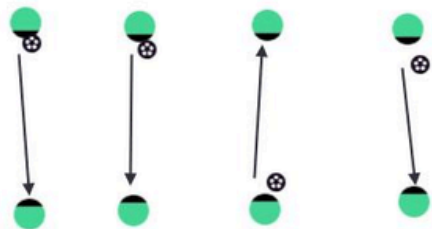
Setup

- Get a partner and share a ball
- 4 or 5 yards apart
- Balls to be passed on the ground

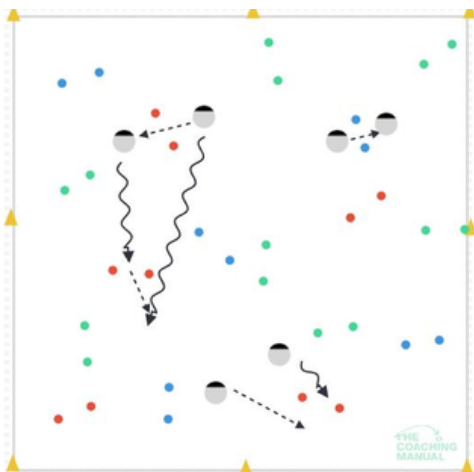
Main focus should be on how they are receiving

Coaching Points

- Make sure your body is ready to receive
- As the ball comes to you be on your toes and cushion the ball (think egg toss)
- Don't stomp on ball or squish it, your touch should set you up for your pass



Water Break



Water Break



Passing And Receiving - Gates

Time 12 minutes

Setup

- Get a partner and share a ball
- Set up as many gates as you can
- Walk the players through demonstrating how to pass on one side and receive on the other

Coaching Points

- Communication from teammates
- Good passes so your partner can receive it
- When receiving the ball think where you are going next, so your first touch is in that direction

Progression

- Challenge all groups to see who can get the most points in 45 seconds

Popcorn

Passing and Receiving

Time 10 minutes

Setup

- 5 yard circle
- 2/3 inside players avoiding
- Players on the outside will try to pass the ball and hit the players feet on the inside
- Outside players cannot go inside, the coach will get the ball

Coaching Points

- Work with players on the outside to move and receive a ball as it comes to them
- The better they are at receiving, the more chances they will have to pass the ball at their teammates

If they hit someone on the feet in the middle they yell POPCORN!



Water Break

Coach passes to player in the box who receives, turns and dribbles, the shoots on goal



Receiving And Turning To Goal

Passing

Time 12 minutes

Setup

20x10 yard field

Coach should have all the balls

Players need to see it work several times before they get it

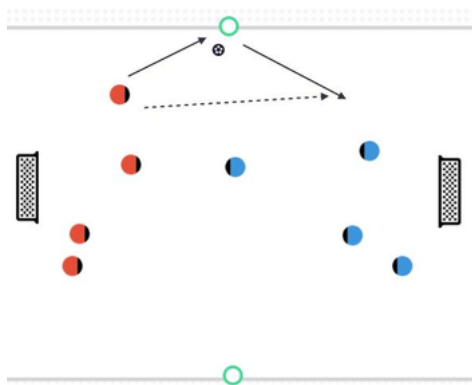
Coaching Points

When you receive in the box your first touch needs to be to the side so you can turn... not back at the coach

Go to the goal as quick as you can

When you receive in the box your first touch needs to be to the side so you can turn... not back at the coach

Water Break



4V4 + 2 coaches

Time 12 minutes

Setup

25x20

Even teams

Coaches are ready make themselves available to receive on the touchline and then find a player to pass into

Coaching Points

Pass to the coach is a FREE pass as no one can take it from him

Once the pass goes to a coach players from that team should quickly move and get open

Game Time

Change directions so you use each foot