



## 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

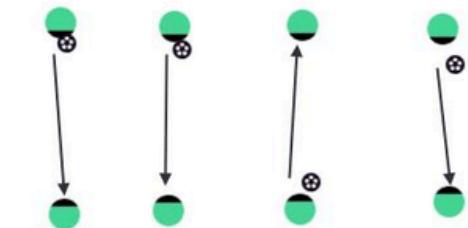
**Main focus should be on how they are receiving**

### 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

## Passing And Receiving - Gates

**Time** 12 minutes

### Setup

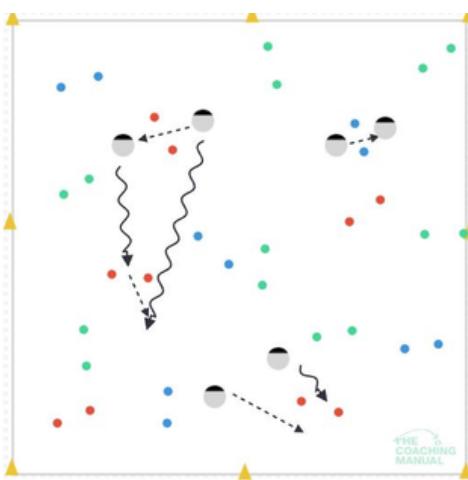
Get a partner and share a ball  
Set up as many gates as you can  
Walk the players through demonstrating how to pass on one side and receive on the other

### 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



## Water Break

## Popcorn

## Passing and Receiving

**Time** 10 minutes

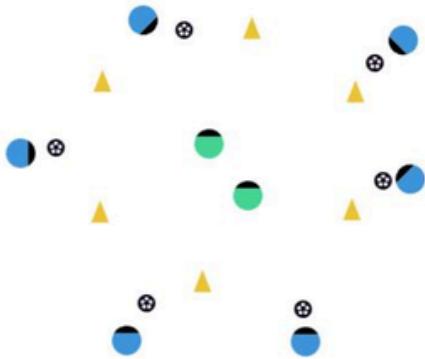
### Setup

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

## 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

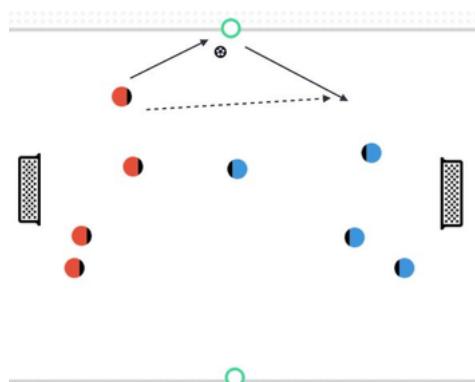
Even teams

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