



DOMINATING 1v1 SITUATIONS: Receiving + Turning

Date: **Sep 26, 2016** | Team: **SoccerSpecific** | Duration: **30min**



Setup: Players organised in groups of 6; Players (A) act as Servers, Players (B) are positioned centrally next to two Mannequins as shown; Players (C) wait to rotate into the activity.

Instructions: DOMINATING 1v1 - Receiving + Turning:

Player (B) must move diagonally away from the Defender (mannequin) to receive a pass from Server (A); on receiving the pass Player (B) must pass to the opposite Player (A).

Play is continuous for 30sec-1min then rotate central / Server positions.

Coaching Points: Receiving Player:

Move at angles - no straight lines

Receive in half-turned body position

Verbal / non-Verbal communication with Server

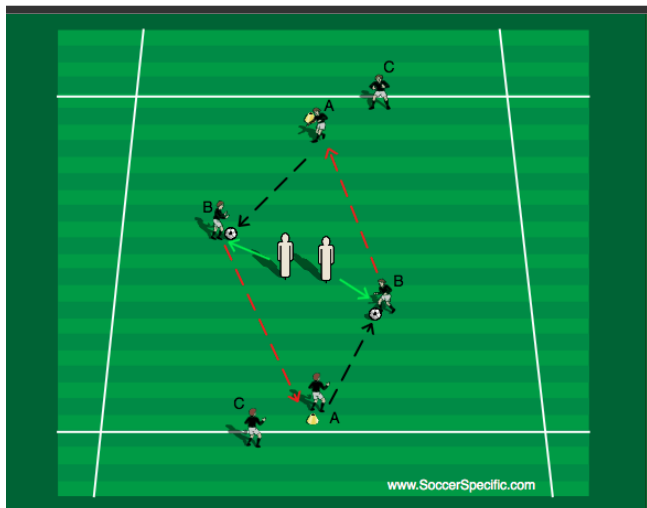
Opposite movement: check away then towards the ball.

Passing Player:

Moment / Direction / Speed of pass

1

⌚ 5 min ↗ As shown



Setup: Players organised in groups of 6; Players (A) act as Servers, Players (B) are positioned centrally next to two Mannequins as shown. Players (C) wait to rotate into the activity.

Instructions: DOMINATING 1v1 - Receiving + Turning:

Player (B) has moved diagonally to receive the pass; he has received in a half-turned position which enables a quick turn forward.

Players (B) can move to either side of the Mannequin to receive the pass.

Play is continuous for 30sec - 1min then rotate the central players.

Coaching Points: Receiving Player:

Move at angles - no straight lines

Receive in half-turned body position

Verbal / non-Verbal communication with Server

Opposite movement: check away then towards the ball.

Passing Player:

Moment / Direction / Speed of pass

2

⌚ 5 min ↗ As shown



Setup: Players organised in groups of 6; Two groups of 3 Players as shown.

Instructions: DOMINATING 1v1 - Receiving + Turning:

Progression:

Players (A) move freely in the central (shaded) area; Players (A) must move to receive passes from the perimeter players / turn quickly + pass to the opposite perimeter teammate.

The presence of the other central (A) player forces players to check for space and to better co-ordinate the timing / direction of their movements to receive passes.

Play is continuous for 45sec-1min then rotate central / Server positions.

Coaching Points: Receiving Player:

Move at angles - no straight lines

Receive in half-turned body position

Verbal / non-Verbal communication with Server

Opposite movement: check away then towards the ball.

Passing Player:

Moment / Direction / Speed of pass

3

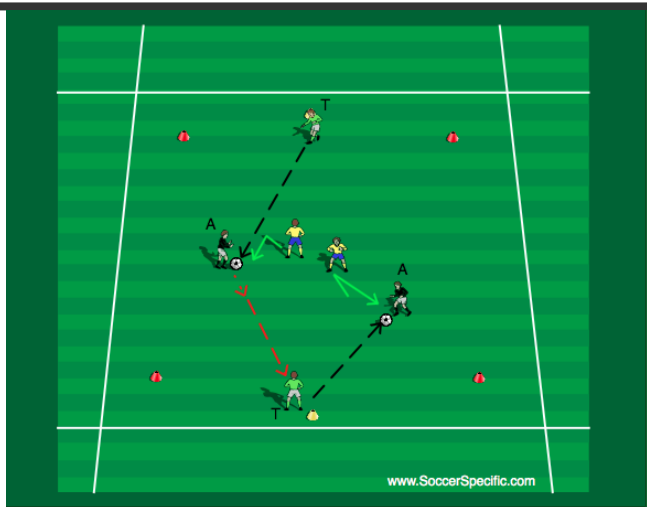
⌚ 5 min ↗ As shown





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4

⌚ 5 min ↗ As shown

Setup: Players organised in groups of 6 - two Target players (T) at each end of the grid 4 Players centrally; Two players (A) designated as Receivers.

Instructions: DOMINATING 1v1 - Receiving + Turning:

Progression:

Players (A) must move to receive passes from the Target players - emphasis is on receiving / turning / passing under various degrees of pressure from the opponent. The Defenders (Yellow) are instructed to offer semi-passive pressure at the beginning as well as vary their movements - tight pressure at times, back away at times; allow the Receiver to 'feel' various degrees of pressure.

Play is continuous for 45sec-1min then rotate central / Target positions.

Coaching Points: Receiving Player:

'Feel' the pressure - time to turn? Pass back one-touch?

Move at angles - no straight lines

Moment / Direction / Speed of movements are now crucial.

Receive in half-turned body position if possible.

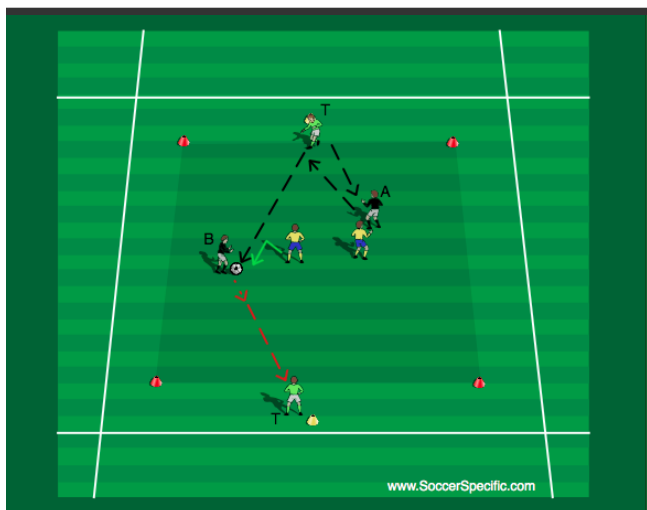
Use of disguise / feints / various turning techniques to avoid opponent.

Verbal / non-Verbal communication with Server

Opposite movement: check away then towards the ball.

Passing Player:

Moment / Direction / Speed of pass



5

⌚ 5 min ↗ As shown

Setup: Players organised in groups of 6 - two Target players (T) at each end of the grid and 2v2 centrally.

Instructions: DOMINATING 1v1 - Receiving + Turning:

Progression:

Players compete centrally in a 2v2 scenario; emphasis is on receiving / turning in congested areas using various techniques.

Example: in the Diagram, Player (A) cannot turn due to pressure from the Defender; Player (A) decides to pass back to the Target player; Immediately Player (B) pulls off the shoulder of his Defender to receive a diagonal pass to feet - this enables a quick turn into space.

Play is continuous for 45sec-1min then rotate central / Target positions.

Coaching Points: Receiving Player:

'Feel' the pressure - time to turn? Pass back one-touch?

Move at angles - no straight lines

Moment / Direction / Speed of movements are now crucial.

Receive in half-turned body position if possible.

Use of disguise / feints / various turning techniques to avoid opponent.

Verbal / non-Verbal communication with Server

Opposite movement: check away then towards the ball.

Passing Player: Moment / Direction / Speed of pass

