



Receiving to run with the ball

Category: Tactical: Decision making practices
Difficulty: Moderate | **Start Time:** 23-Jul-2014 15:15h

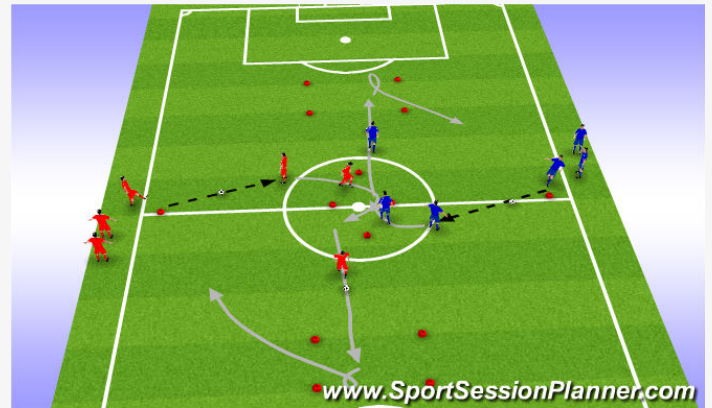
Education-Club: AC U.K
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Technical (15 mins)

Equipment: 3-4 balls per group, markers as per the diagram.
Poles or mannequins for more realism

Coaching Points: Create an angle and space to receive, open body, be brave to receive in a good/ tight area

Targets for players: Can you receive closer to the centre area?
Can you change speed and direction through the centre? How quickly can you reach the box from the centre



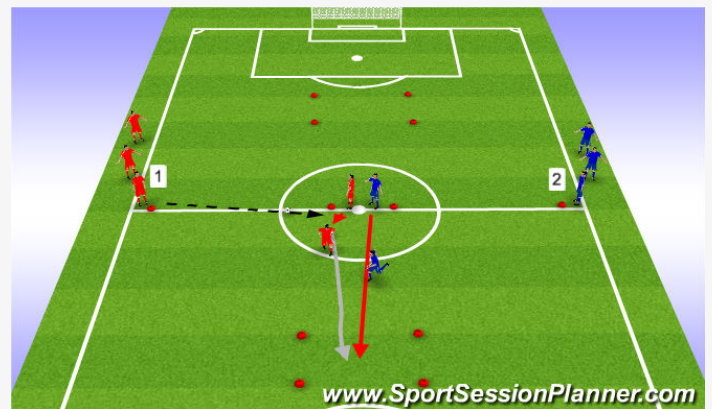
Opposed (20 mins)

Equipment: 3-4 Balls, cones as per diagram, bibs for 2 groups per practice

Coaching Points: Awareness, positive attitude, use effective touches in space and under pressure

Rules: Player 1/2 receives ball when coach calls number 1 or 2. First player receives ball and dribbles toward goal and shoots. Other player tries to win ball off player in possession before they can shoot at goal.

Targets for players: Can you identify where the space is and exploit it?



Game (25 mins)

Equipment: 3-4 Balls, cones as per diagram, bibs for 2 groups per game

Coaching Points: recognise when the space opens up, big touches to exploit space, use body to protect, Receive to move the ball or run with it!

Rules: Score by running with the ball into the box. Defenders can not stand inside the box to defend

Targets for players: Can you receive to run through the gate in the centre? (1 bonus point)

