

CHAPTER

7

Receiving Training Unit

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Primary Technical objective: Receiving the ball on the ground and guided control.

Coordination Objective: Quickness and coordination abilities.

Secondary Technical Objective: Passing, shooting and dribbling.

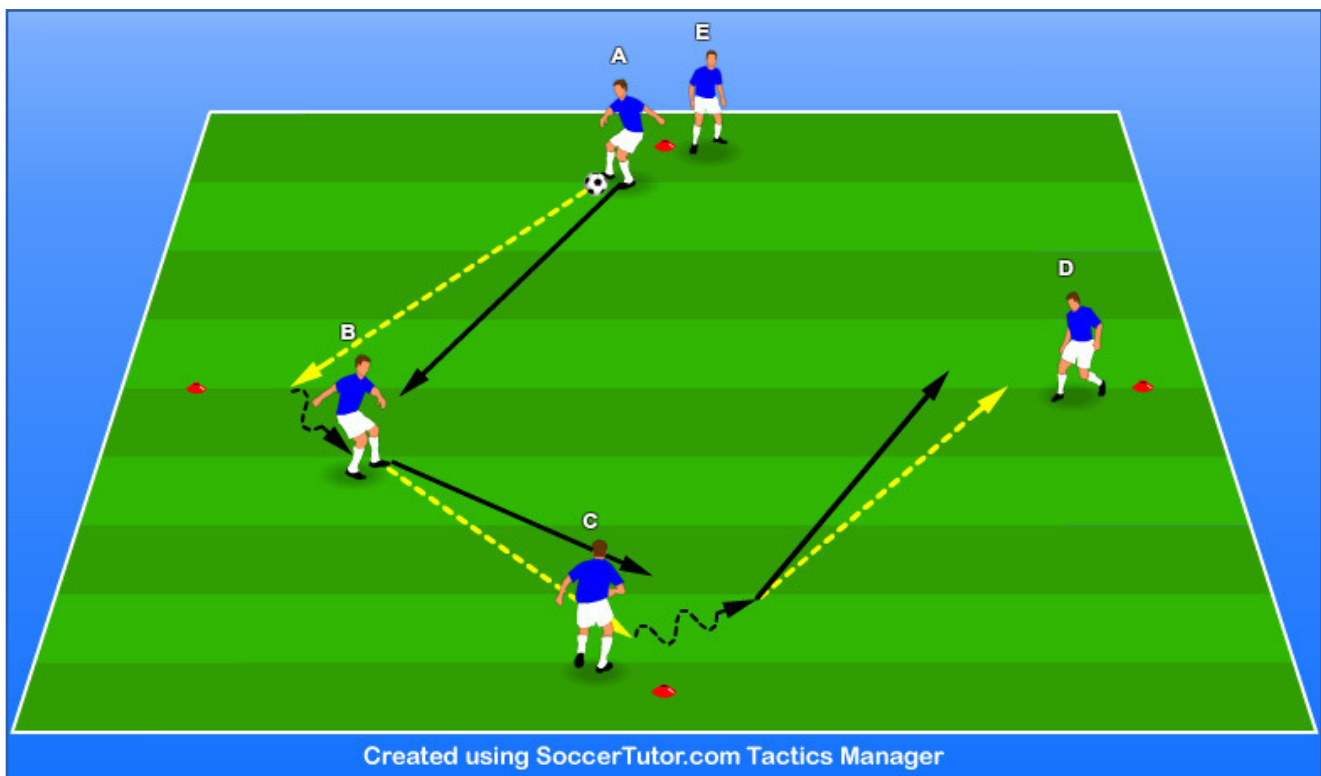
Tactical Objective: 1v1s, creating space, marking, peripheral vision and defending the goal .

Duration of Session: 85-100 minutes

We recommend starting the session with exercises for general mobility to prevent injuries.

Practice 1 Receiving with the Correct Body Shape

10 mins



Description

Player A passes to B and follows the pass. Player B receives by opening up with the inside of the right foot, moves around player A and passes to player c.

The exercise is run in an anti-clockwise direction. The players with the most correct controls (determined by the coach) win the game.

Variation

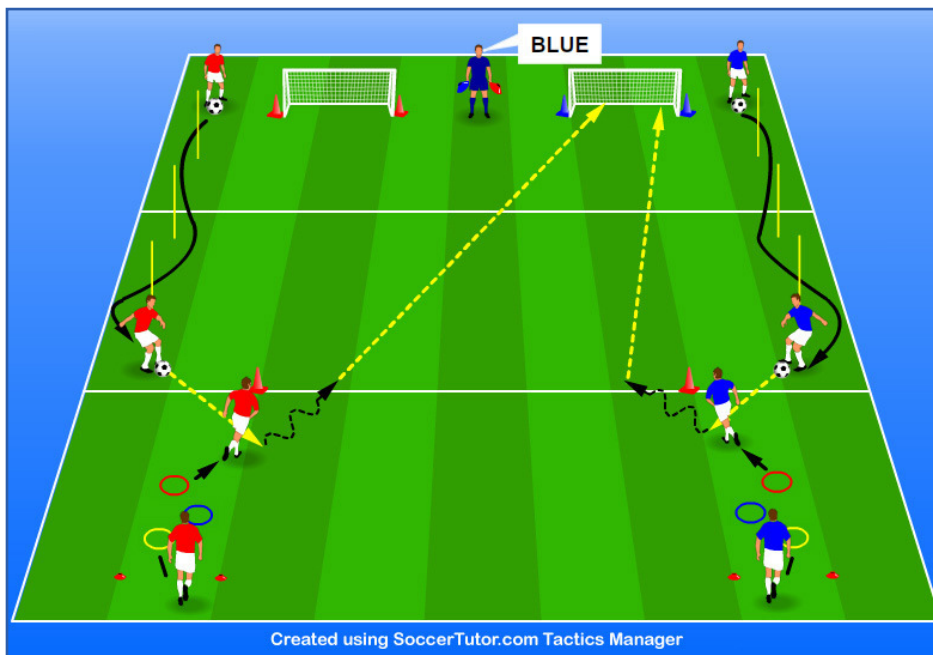
Play in a clockwise direction, receiving with the inside of the left foot.

Coaching Points

1. Players should receive and pass with the back foot.
2. They should already be half turned when receiving, letting the ball roll across their body.
3. A directional first touch is needed for a smoother transition to the pass.

Practice 2 Coordination, Passing and Receiving Game

10 mins



Description

2 players start at the same time with the ball, dribble through the poles and pass to their teammate who has skipped through the rings.

The coach calls the goal which the players must shoot in.

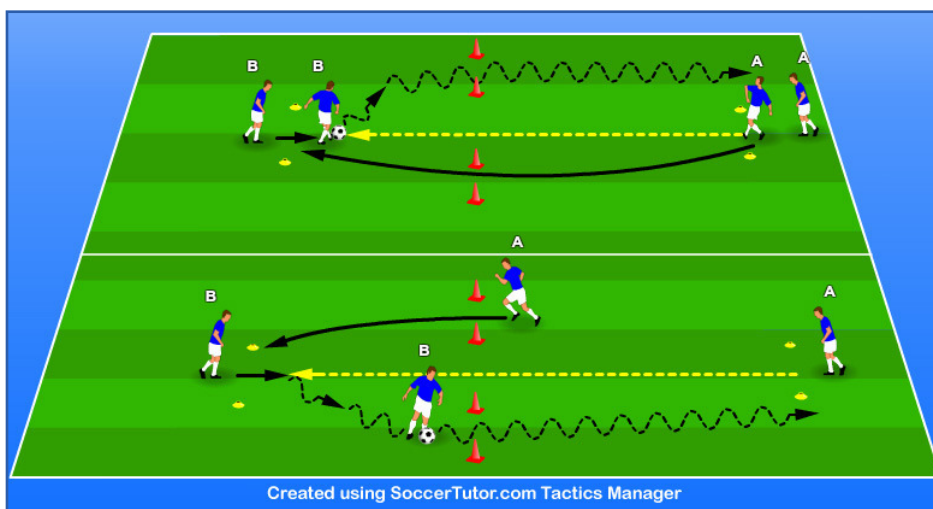
A point is won for the team by the player who scores first.

Variation

Change the positioning of the rings and poles.

Practice 3 Opening Up to Receive and Dribble

15-20 mins



Description

Player A passes the ball to player B. Player B receives the ball and takes a directional first touch to either the left or right and then dribbles through the cones to the other end and gives the ball to the next player.

The Player A who made the first pass runs through the opposite cones to move to the opposite end (as shown).

Variation

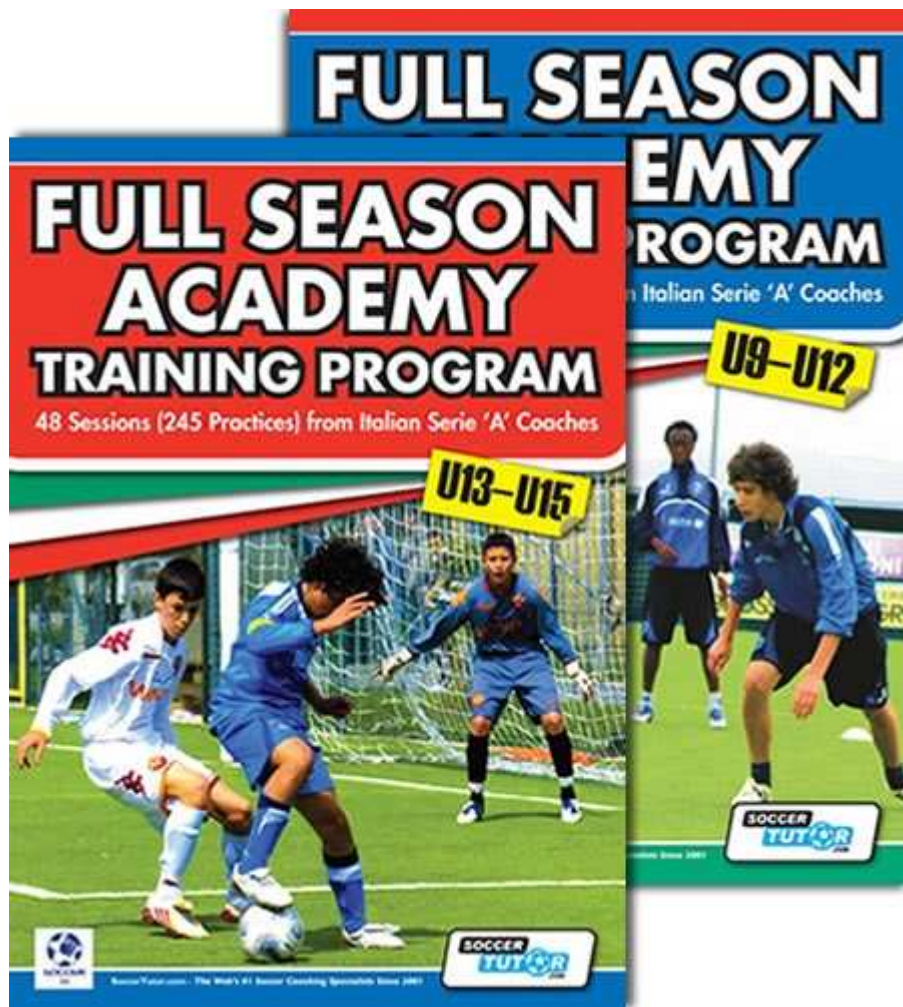
Use a chip pass.

Coaching Points

1. Players should pass and receive with both feet during this practice.
2. The dribbling part should be done at full speed.

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