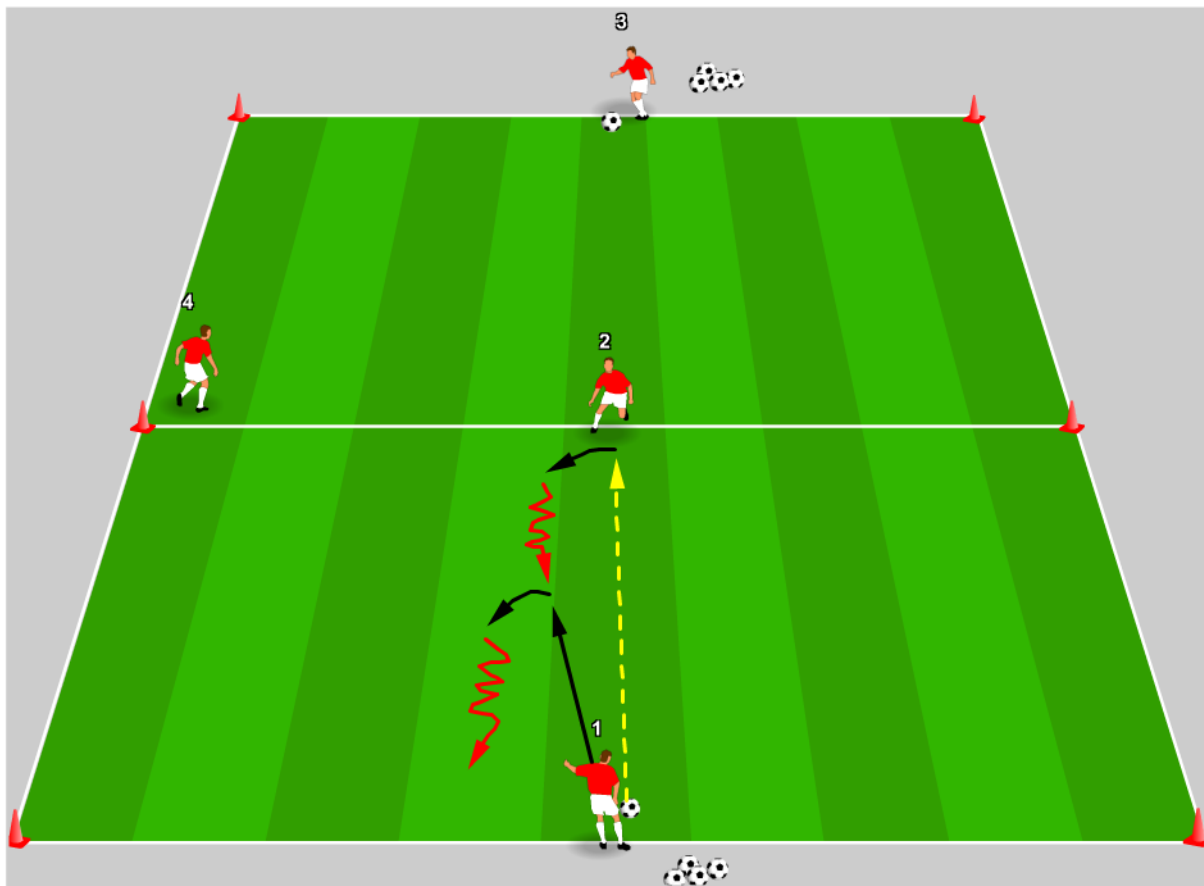


Ajax Academy - Receiving the Ball Under Pressure - Frontal



**Date:** 16 Sep 2010

**Measurement:** 6 x 10 yard grids

**Time:** .

**Players:** 2 in each grid

**Duration:** 10-12 Mins

**Level/Age Group:** 8+

**Description:** There are four playing areas on half of a field. Each one is 6 x 10 yard grid. There is one group of four players in each grid.

Frontal pressure - Play starts with a pass to the receiving player at the midway line. The passer immediately follows the pass and challenges the receiving player. The receiving player controls the ball, tries to beat the on-coming defender and get to the end line. Players 1 and 2 switch roles as do players 3 and 4.

**Objective:** To receive the ball under pressure, take on defender in a 1v1 duel and dribble the ball over the opposite end line.

**Coaching Points:**

1. It's very important in the Ajax philosophy to develop both sides of the body equally well, so encourage players to attack both down the right and the left side.
2. The first pass is ALWAYS hit with good pace.
3. The receiving touch is clean and the player is moving as he receives the ball.

**Progression:** See the latest WCC Mag Sep/Oct 2010 issue to view the progressions.

Using **Tactics Manager Software** I've recreated this practice for you - taken from the latest **WORLD CLASS COACHING Magazine** Issue.

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