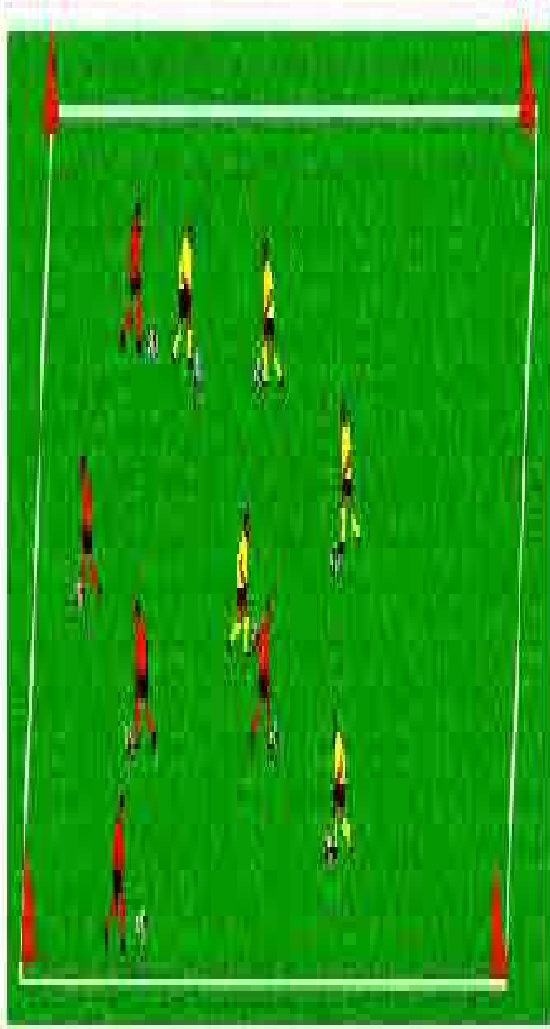




Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. WARM-UP</b></p> <p>All players should have a ball and dribble around the grid. On the coach's command the players pick up and toss the ball in the air and then receive the ball with different parts of their body.</p>	<p>VARIATIONS:</p> <ol style="list-style-type: none"> <li>1) Players pick up the ball only using their feet, strike the ball up high and then bring the ball under control. The coach should guide the players on using different receiving surfaces.</li> <li>2) Everyone watch one player, the playmaker. When that player picks up the ball everyone else has to also. They may receive the ball however they wish. This variation gets them to dribble with their head up more.</li> <li>3) Same as number two, but now all players must receive in the same fashion as the playmaker.</li> </ol>		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> <li>1. Keep your eye on the ball.</li> <li>2. Maintain body balance.</li> </ol>

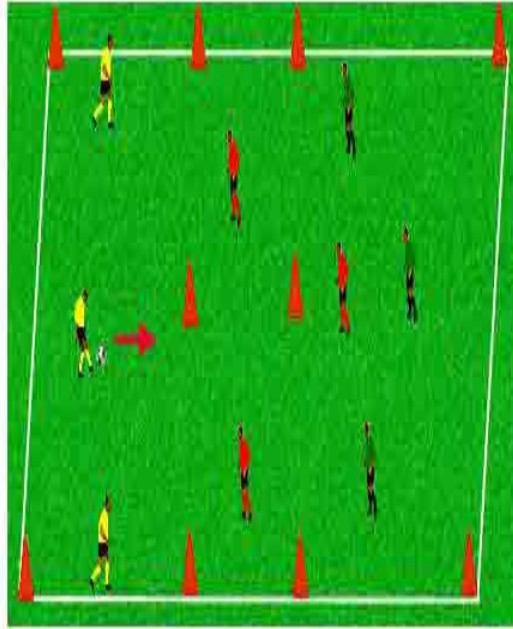
<h2>2. RECEIVING UNDER PRESSURE</h2>			
<p>Six to eight players needed. If using six players then four of the players take a spot on the corners of a 15 x 15 yard grid. Two players go inside the grid and will be playing 1v1. Two of the corner players have a ball. One player in the middle is designated the attacking player to start.</p>	<p>That player makes a run to a corner player to receive a ball that has been tossed by the corner player. The first touch is FREE. A point is scored when an inside player receives a ball and passes the ball to a corner player who doesn't have a ball. If that is successful then the attacking player runs to the corner player who has the second ball and repeats. If the defending player wins the ball, then that player becomes the attacker. Rotate the players after 1-2 minutes.</p>		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> <li>1. Get in line with the flight of the ball.</li> <li>2. Select the receiving surface early.</li> <li>3. Keep your eye on the ball.</li> <li>4. Maintain body balance.</li> </ol>
<h2>3. 3v3v3 RECEIVING</h2>			
<p>30 x 20 grid. Form three teams of three. Divide the grid into thirds. The two teams in the final thirds of the grid try to score against the team in the middle third. A point is scored against the team in the middle third when a ball is played over or through their third in the air to one of the players in the opposite final third.</p>	<p>The receiving player must take the ball out of the air, no bounce, and then pass to a teammate in less than two touches. If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third. The team with the most points wins.</p>		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> <li>1. Proper first touch and the importance of cushioning the ball.</li> <li>2. First touch sets up the second touch of the ball.</li> <li>3. Get in line with the flight of the ball.</li> <li>4. Select the receiving surface early.</li> <li>5. Keep your eye on the ball.</li> <li>6. Maintain body balance.</li> </ol>

# Lesson Plan

## 4. 3v3v3 RECEIVING

The same set up as number three above.

Now allow one player from the middle third team to go into the final third after the ball has been played to apply pressure on the receiver.



To improve receiving balls out of the air.

1. Take a touch (preferably the first one) away from pressure.
2. Proper first touch and the importance of cushioning the ball.
3. First touch sets up the second touch of the ball.
4. Get in line with the flight of the ball.
5. Select the receiving surface early.
6. Keep your eye on the ball.
7. Maintain body balance.

## 5. 5v5-7v7 ON A NARROW FIELD

The field is narrow so that throw-ins occur and players have to receive balls out of the air more often.

Long more direct passes may also be used due to the field being more narrow than usual.



Observe the players to see if they are executing or attempting to execute all of the coaching points made earlier in the training session.