

TOPIC: Receiving and Turning

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(Activities should be developmentally appropriate for age group)

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
diagram	<p>Pass and move in 3's (triangle) Intermittent Stretching In 3's, X¹ plays 5-10 yards to X², who has to receive and turn 180° to play to X³. X³ plays back 1-2 touch and X² repeats. Rotate player in middle every minute</p>	<p>Keep body balanced, get in line with ball Offer inside or outside of foot to ball Look to turn ball towards next player in sequence with first touch (away from pressure) Prepare ball (keep near body)</p>
<u>INDIVIDUAL ACTIVITIES</u> diagram	<p>With a group of 6 players, play 1v1 in a 10x20 yard grid, with a target in each corner.</p> <p>Ball has to start with a target, plays into one of the players in middle who has to receive and turn and play to other end of grid for a point. Game is continuous for 1 minute. If defender steals then he/she takes attacking role and tries to score.</p>	<p>Show a couple of ways to turn (taking 2 touches or with one touch & spin) Introduce checking / go to meet ball Introduce a body fake</p>
<u>SMALL GROUP ACTIVITIES</u> diagram	<p>Make two teams. Have 2 fields if necessary. Play 1v1 to large goals with keepers and keep score. Rotate players every few minutes.</p> <p>Keepers roll ball out to team-mate. (vary services for attacker to receive and turn)</p> <p>Build to 2v2 to goals</p>	<p>Correct technique and give information to players</p>
<u>LARGE GROUP ACTIVITIES</u> diagram	<p>Play 5v5 to large goals (play 2:2:1 restricted to thirds of field)</p> <p>Lift restrictions</p> <p>Cool down & stretch</p>	<p>Correct technique and give information to players</p>