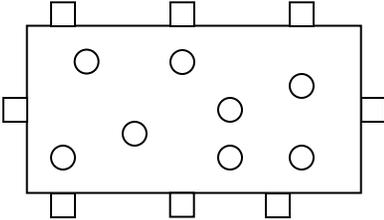
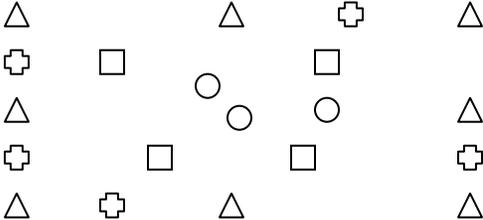
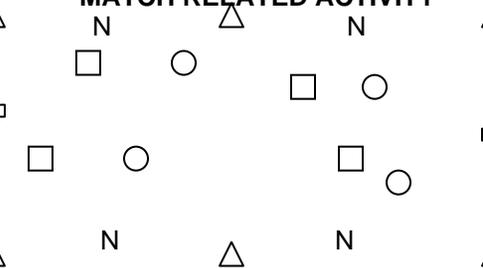




Name: Matt Callahan

Topic: Receiving flighted balls

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Set up a 25-x-35 yard grid Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside Players on the inside show for a ball, receive a lofted pass, and then pass the ball back to the outside player Stretch then switch inside/outside players <p>Progressions: Specify what surface must be used to control the ball (top of foot, wedge ball with inside/outside, thigh, chest).</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Controlling surface goes out to meet ball Relax the controlling surface and withdraw just before impact
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> The triangles are cones, players are positioned in between cones (windows) Place four attackers and two defenders (holding pinnies) on the inside An outside player who has a ball (not all of them will) tosses a ball to an inside player who must control it and get the ball to another player on the outside who does not have a ball (they can use their other teammates) If a pinnie player intercepts a ball the inside player that messed up switches Rotate 	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Controlling surface goes out to meet ball Relax the controlling surface and withdraw just before impact 1st touch prepares for next touch
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4+ four neutrals and GK's The crosses are GK, the neutrals can move from cone to cone (cones are triangles) on the sidelines Neutrals are holding balls, if a ball is passed to them they can toss the ball they are holding to anyone on the team that passed the ball to them <p>Progressions: Progress from make it, take it to having the GK defend cone goals</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Controlling surface goes out to meet ball Relax the controlling surface and withdraw just before impact Encourage throws across the field
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with the player's ability to receive flighted balls