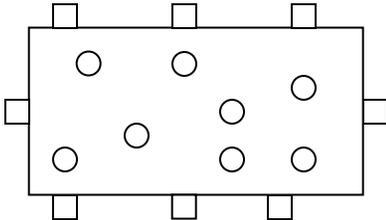
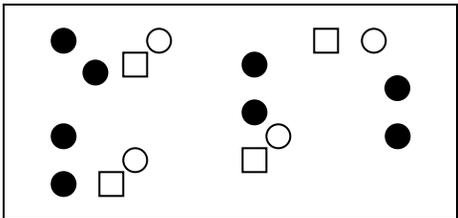
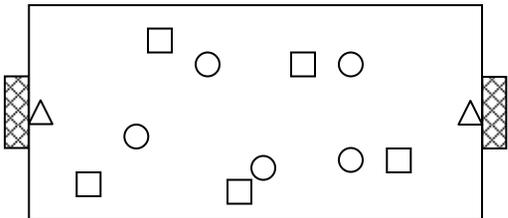
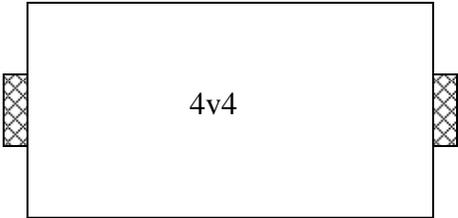




Name: Matt Callahan

Topic: Receiving

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 pass, and then pass the ball back to the outside Stretch then switch inside/outside players <p>Progressions: Specify what surface must be used to control the ball. At first, they must return the ball to the person that passed it to them, later they return it to someone else.</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 Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 5v5 in a 45-x-60 yard area Teams earn points by passing ball through a set of cones to a teammate First team to 10 points wins <p>Progressions: Have different colored cones that different teams must pass through. Different colored cones could be worth more points.</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 6v6 (5 field and a GK) in a 50-x-44 yard area Every player is restricted to no more than three consecutive touches with the ball If a player violates the three touch rule the other team is awarded a free kick <p>Progressions: Limit the touches to one or two touches.</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<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 receiving ability