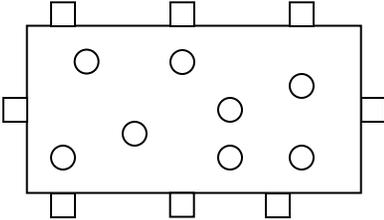
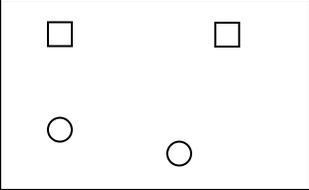
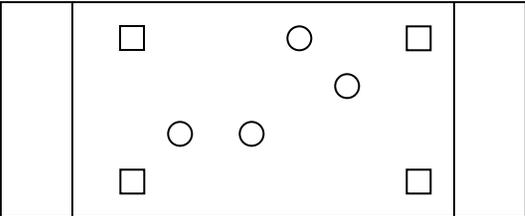




Name: Matt Callahan

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.</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"> Play 2v2 in a 20-x-10 yard area – this game is like tennis One team starts off with ball and kicks it over a net in the middle of the area Ball can touch ground once but then must be returned A point is won on a bad serve or when one team fails to return the ball <p>Progressions: Specify what surface must be used to control the ball.</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 1st touch prepares for next touch
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 40-x-50 yard area with 10 yard end zones at each end Each team is given an end zone to attack and to defend Teams score by passing a lofted ball into the end zone and having a player receive and control the ball in the end zone <p>Progressions: Specify what surface must be used to control the ball. Give more points for certain surfaces (2 points for receiving with a thigh, one for receiving with a foot).</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 1st touch prepares for next touch
<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