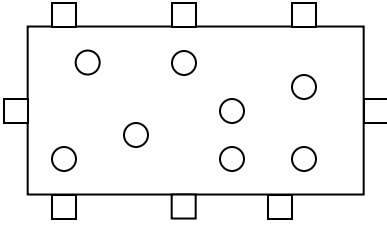
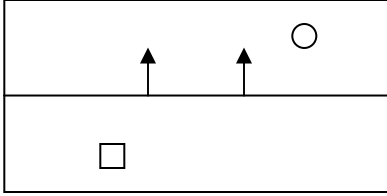
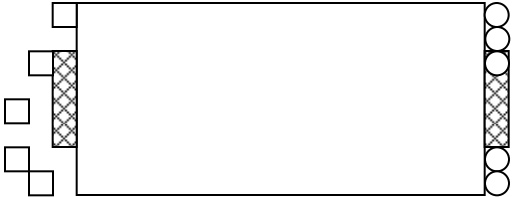
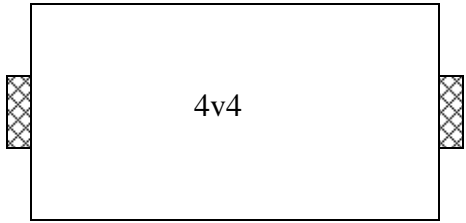




Name: Matt Callahan

Topic: Receiving

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up a 25-x-35 yard grid</li> <li>▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>▪ Players on the inside show for a ball, receive a pass, and then pass the ball back to the outside</li> <li>▪ Stretch then switch inside/outside players</li> </ul> <p><b>Progressions:</b> 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><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 1v1 in a 50-x-25 yard area with a 3 yard goal in the middle</li> <li>▪ Each player must remain in their own half</li> <li>▪ The ball is served from behind the end line and the other player must return the ball though the cones with only two touches</li> <li>▪ A point is awarded when the opponent is unable to return the ball in two touches</li> <li>▪ First person to 21 wins</li> </ul> <p><b>Progressions:</b> Add more people to each side.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play soccer on a 30-x-50 yard field</li> <li>▪ Each team member is assigned a number and stands on their end line</li> <li>▪ Coach calls out a few numbers and those players rush onto field and try to score</li> <li>▪ Other players stand between posts and try to stop ball from going in</li> <li>▪ Players in goal can have ball passed back to them, but they must return it 1 touch</li> </ul> <p><b>Progressions:</b> Call out more than 1 number each time.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving ability</li> </ul>