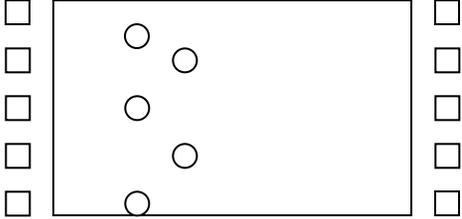
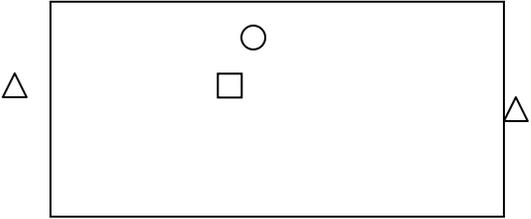
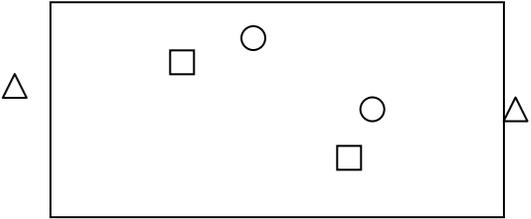
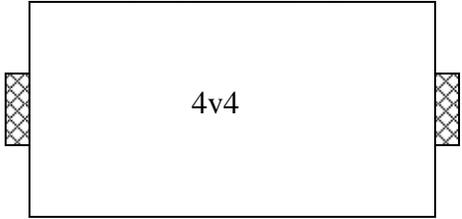




Name: Matt Callahan

Topic: Receiving and turning

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Set up a 25-x-15 yard area Players stand on one end line with balls, other players are in middle or on other end line Players in middle jog around, show for a ball, receive a ball, and then turn and play the ball to the other side Stretch and switch roles <p>Progressions: Demonstrate different ways of turning the ball; have them do the different methods.</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 Accelerate after turning
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 1v1 in a 20-x-10 yard area, with a neutral player on each end line Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral Switch roles after loss of possession Play for one minute, then active players switch with neutrals <p>Progressions: Move to next exercise.</p>	<ul style="list-style-type: none"> Good receiving technique Look for pressure Turn away from pressure Accelerate after turning What foot to use to receive ball and how to turn determined by location of pass being received and location of the defender
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 2v2 in a 20-x-15 yard area, with a neutral player on each end line Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral Switch roles after loss of possession Play for one minute, then losing team switches with the neutrals 	<ul style="list-style-type: none"> Good receiving technique Look for pressure Turn away from pressure Accelerate after turning What foot to use to receive ball determined by location of pass being received and location of the defender
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on the players 	<ul style="list-style-type: none"> Observe to see if practice session has helped with receiving and turning