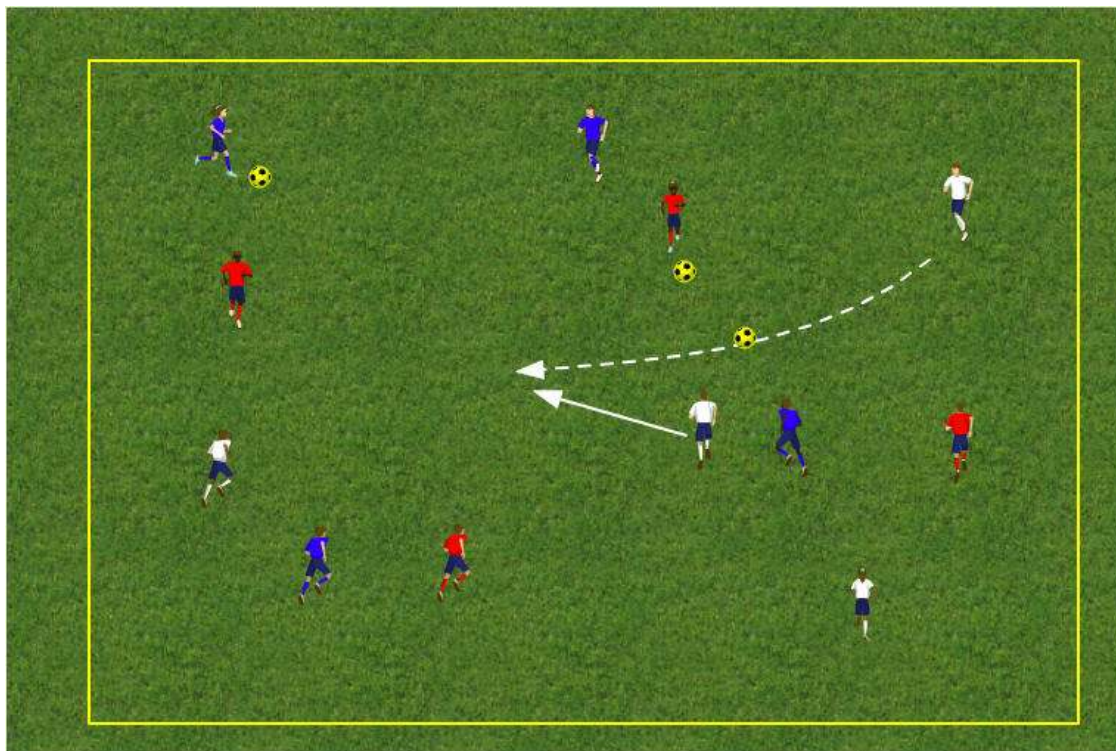


A PRACTICE TO IMPROVE THE TECHNIQUE OF RECEIVING PRIORITIES

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

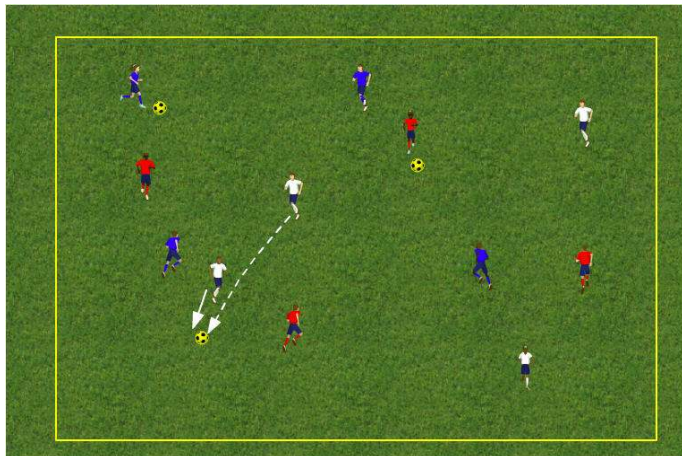
Play 3 teams of 4 players in an area of 30 x 30 yards. Each team has a ball between them. The size of the teams and the area can be adjusted to suit the age and ability of the players. The objective of the practice is for each team to pass the ball between themselves. The position of the players in the other team in the area will result in the players having to use different receiving priorities.

In this first scenario, the receiving player has recognised where the space is and run beyond players into the space to receive the pass.

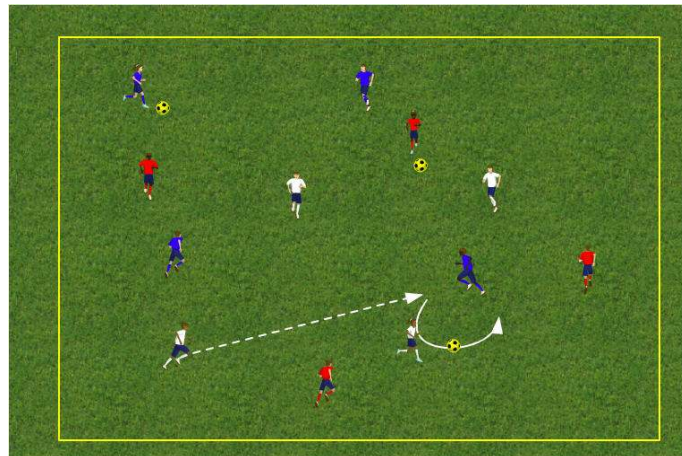
KEY TECHNICAL ASPECTS

Try and receive the ball beyond players by running onto a pass *Let the ball run across the body and into space without touching it *Receive the ball, using a turning technique into space *Control the ball back where it has come from, before passing or then turning with the ball *Receive the ball and pass to a team mate who is in space *Communication between players

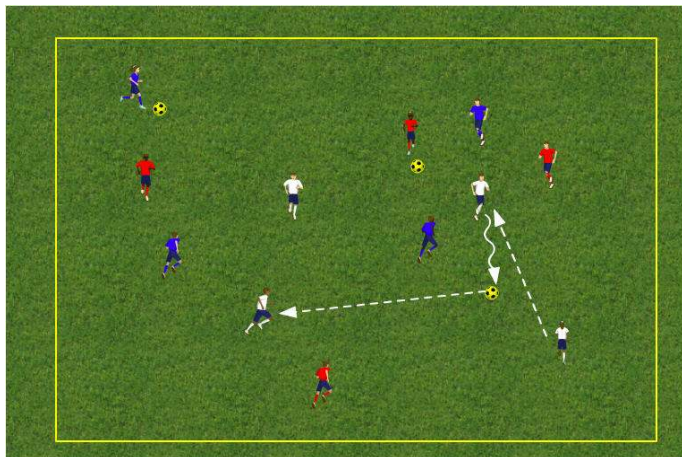
Progression # 1 – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation



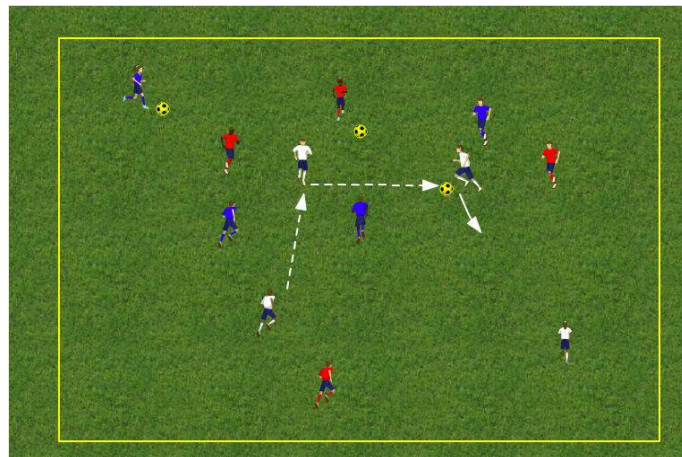
Progression # 2 – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space.



Progression # 3 – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.



Progression # 4 – Other times, the best receiving option may be to pass it to a support player, who can then use a suitable receiving technique and receive the ball in space, before passing to a team mate



PROGRESSIONS

Progress the practice to a skill

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.