



## GU S5 (Developed) - Receiving the Ball with Confidence

**Category:** Technical: Passing & Receiving

**Skill:** Mixed age

Pro-Club: Glasgow Clyde College  
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### Description

**Session Theme** - Receiving the ball with Confidence.

**Duration** – 30 Minutes.

**Participants** – 12.

**Equipment needed:**

- 4 Mini Goals
- 10 Size 5 Footballs (White.)
- 6 Size 3 Footballs (Yellow)
- 16 Bibs (6 Red, 6 Yellow & 4 Whites.)
- 10 Large Marker Cones (All red.)
- 20 marker cones (All yellow.)
- 10 Flat Markers (Any colour.)

### Session Aims:

- 1) Having players showcasing at least two of the four skill moves correctly. (Player Related)
- 2) Coaches to visually enforce correct actions and motivate anyone still working on their skill development. (Coaching Related)

### Session Objectives:

- Looking for players to execute a skill in the introductory activity.
- Having players making correct decisions when to use the skills in games.
- Thumbs up and clapping of hands from coaches when players execute skills.

### The Messi Receive & Turn

- Pass played into player who swivels on the touch and accelerates away.
- If players aren't able to do it in one movement break it down.

- Set touch (inside of back foot)
- Outer touch (outside of front foot)
- Spin
- Accelerate

Coaching Points you may need to consider:

- Be aware of what's around you (Scan.)
- Find the space.
- Change of pace to evade defenders.

Key Players and Communication Required:

### Communication Model

- **Question - Ask, do not tell.**
- **Visual - Demonstrate and Positive Enforcement (Thumbs up, clap etc.)**
- **Welfare - Ask how their day has been, do they have pets/hobbies to connect with?**
- **Clarity - Simplify the message.**

### Age

5-7 - Nathan, Riley, MJ, Peter & Joe.

8-10 - Ruairi, James, Charlie, Darren, Ryan, Cillian & Milo

11 - Lewis, Jack, Euan & Kyle.

### Stage

Beginner- Riley, MJ, Peter, Ruairi, Ryan & Milo.

Developing- Lewis, Charlie, Darren, Cillian, Nathan & Joe.

Advanced- Jack, James, Euan & Kyle.

\*\*\*Assistant to ghost coach in end game, mirror coach during other two practices.\*\*\*

## Warm Up (5 mins)

### Instructions

**Area Size** - 20 Long x 20 Wide

4 groups of 3.

- 4 Size 5 Football per group, coach to have spares to feed to keep them going.

- 8 Large markers.

### Practice Detail

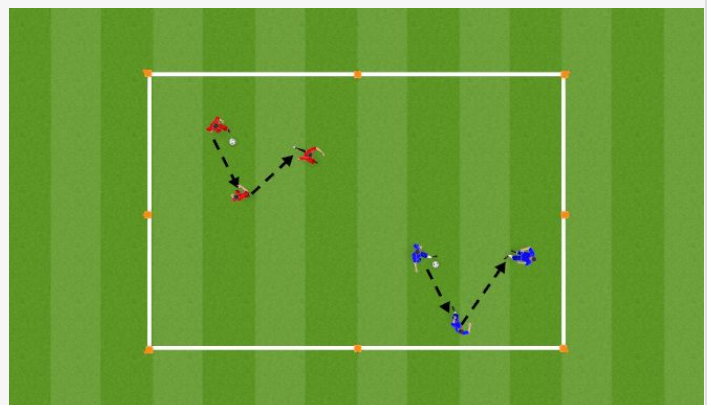
- Starting with a short pass between group.

- After one minute stop on the ball work and ask players to jog around the area for a minute.

- Upon restarting passing in group ask them to vary passes short and long throughout the area.

### Coaching Points

- Weight of passes.
- Playing to team mates back foot to receive.
- Finding spaces in the area (Scanning.)



## Technical Practice (5 mins)

### Equipment

**Area Size**- 20 yard square, split into 4x10yrd.

- 4 large marker cones, 8 Flat Markers & 4 marker cones.
- One ball per participant. 4 groups of 3. (12 balls in total.)

### Practice Detail

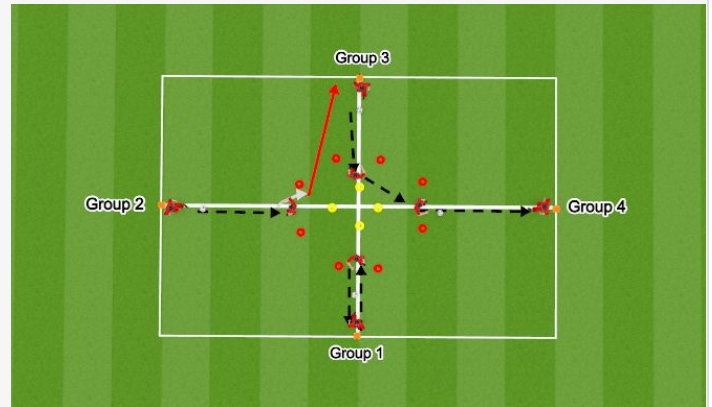
-Starting with a simple pass to the receiver, play to back foot, focus on touch to set for return pass with the other foot. As shown in detail from player at Group 1.

### Coaching Points

- Play to back foot.
- Focus on touch to set.
- Return Pass with other foot.
- One Touch bounce for **Xavi**.
- Quick change of pace for the **Messi**.

### Progressions

- After one minute, allow players to add in the **Messi**, moving on clockwise at acceleration point. (Shown at Group 2.)
- After a further 90 seconds, change to use of the **Xavi** bounce pass (Shown in Group 3 to 4.) between middle players, all players to follow their passes and join ends of queues they join.



## Game Related Practice (10 mins)

### Instructions

**Area Size** - 20 Long x 20 Wide

4v4+4 (Yellow vs Reds + Whites) - 4 Yellow Bibs, 4 Red Bibs, 4 Whites double bibbed.

- 1 Size 5 Football per game, coach to have 3 spares to feed to keep game going.
- 8 Large markers.

### Practice Detail

Players looking to combine with passes Yellows playing vertically for a point and Reds playing horizontally.

Two points given if they use any of the **Xavi** or **Messi** moves in the build-up.

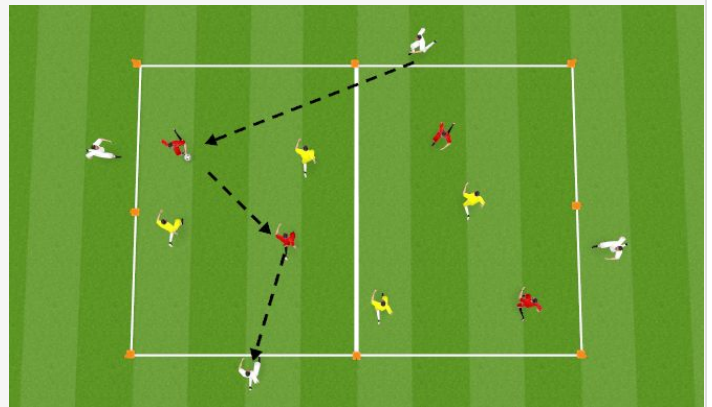
Bounce players limited to one touch on the sides.

### Coaching Points

- Scan the area around you.
- Can we make quick decisions?
- Move into spaces for your team mate on the ball.

### Progressions

- After 5 points change groups to outside bounce players switching in for lowest scoring team to go out.



## Conditioned Game (10 mins)

### Instructions

**Area Size** - Half Pitch.

**Three Games - One Pitch.**

Game 1 - End Zones. (5 Yards in zone)

Game 2 - 4 Goal Game.

Game 3 - Normal Game.

Lead Coach determines which game is in play as they see fit (3 x 3 min rounds.)

**6 Yellows v 6 Reds.**

- 12 Flat Markers for end zones.
  - 4 Mini Goals, 2 Normal goals.
  - 1 Size 5 Football in play, coaches with spares to keep game flowing.
- GK only needed in Normal Game.

### Practice Detail

**Game 1** - End Zones

- Team combines to play into the opponents End Zone and wins one point.

**Game 2** - 4 Goal Game

- Teams attack each others two mini goals to score into them, 1 goal = 1 point.

**Game 3** - Normal Game

- Standard game rules, one goal = one point.

**Two Points given if any of the four moves are used in the build up to a point being won.**

Additional points given for team who correctly answers the active questions below first.

### Active Questions

- When should the **Xavi** be used?



- What parts of the foot do we use in the **Messi** and when?
- What move is done using chest control?

## Review

### Session Review

- *How did the session go practically?*
- *What went well?*
- *What would you change?*
- *What did the participants say?*
- *Where visuals positive or negative?*

