



Receiving to Play Forward Quickly

Category: Technical: Movement off the ball

Skill: U15

Pro-Club: SportSessionPlanner.com
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Screen 1 (45 mins)

Organisation

The pitch is approximately 60x40 with 2 "restricted zones", indicated by the shaded areas.

How to Play

Play starts from the Goalkeeper, and one of his team can drop below the "restricted zone" to receive the ball unopposed.

Try to play into midfield as quickly as possible, then join in with the midfield play.

Try to work into the striker in the "restricted zone" as quickly as possible.

Once the striker has touched the ball it becomes a free game until a natural break occurs.

Possible Coaching Points

Passing & receiving.

Body position.

Speed of movement.

Speed of passing.

Angles of support.

3rd man runs.

Progressions

1v1 in the "restricted zone".

Striker can play against the defender to stop the ball being played into midfield.

Free play.

