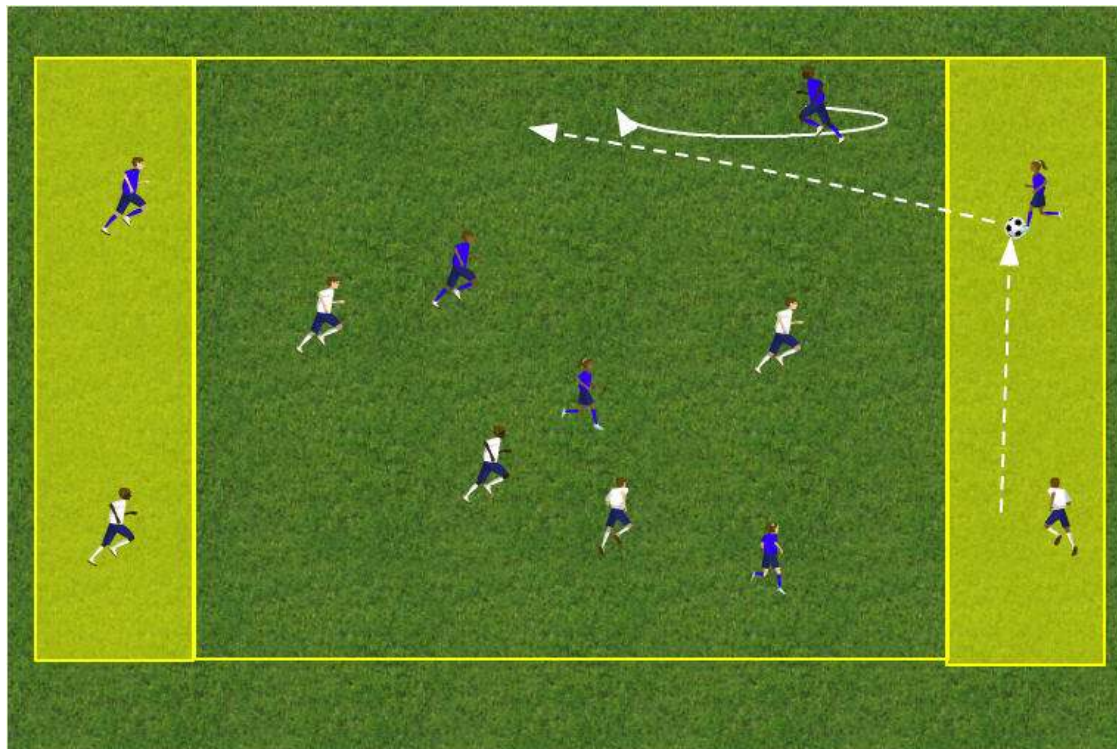


A GAME TO IMPROVE RECEIVING PRIORITIES

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



ORGANISATION

Mark out a total area of 40 x 30 yards, with two 5 x 30 yard target zones. The area can be adjusted to suit the age and ability of the players. Play 4 v 4 in the middle area with two players, one from each team in both target zones. The target players are conditioned to stay in the target areas. The ball is passed from one target player to the other. As the ball is passed between the players, this movement of the ball allows the attackers to move to find space to receive the ball. The target player then passes into one of their own team.

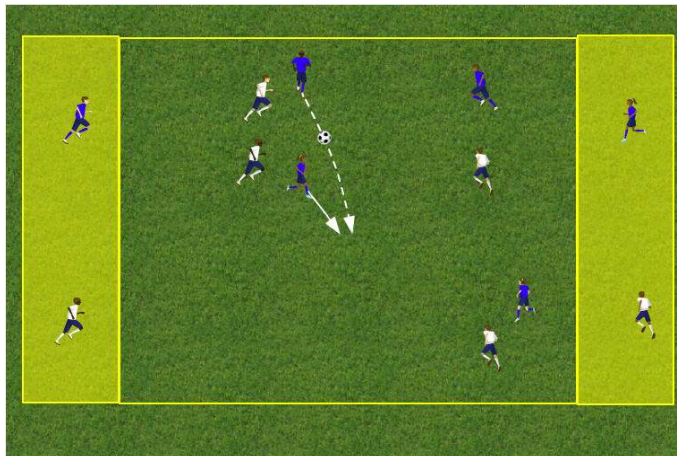
When the opportunity presents itself, the team in possession pass the ball into their own target player in the opposite end zone. The ball is then passed across the end zone to the opposition target player who then passes into their own team and the game is repeated with the team reversing roles, the attacking team now defend and the defending team now attack.

In this first scenario, the receiving player has created space for themselves and run into the space created to receive the pass.

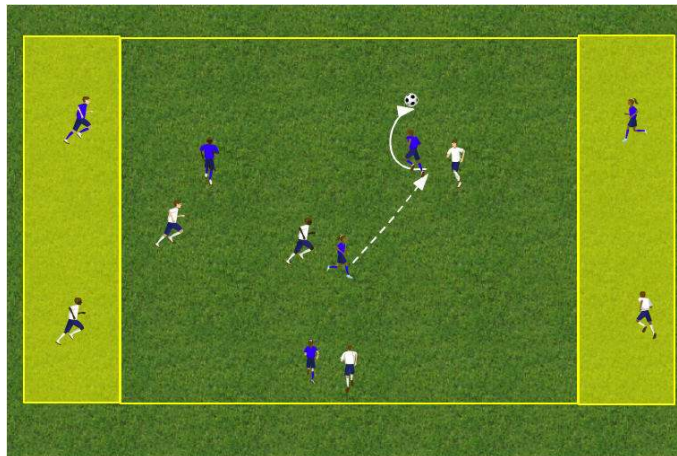
KEY TECHNICAL ASPECTS

Create space to receive the ball, either for themselves or for team mates *Awareness of the defenders position to select the right receiving option *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

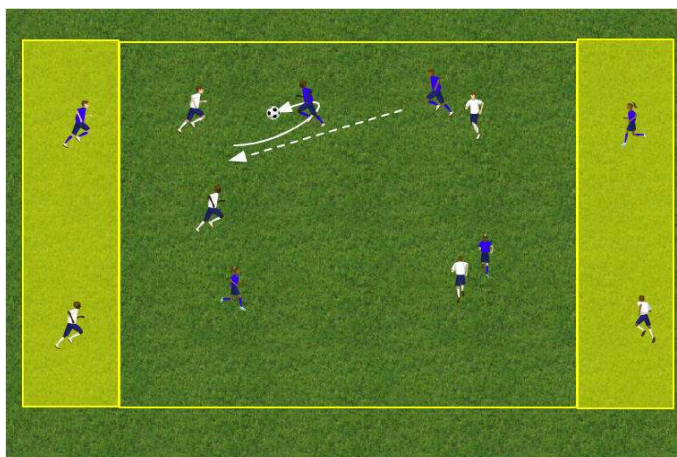
Progression # 1 – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation



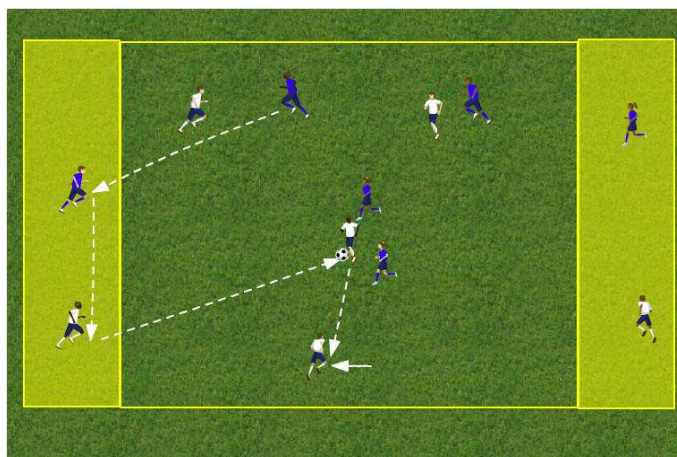
Progression # 2 – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space and away from the defender.



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 – As the ball is passed into the target player; the ball is switched to the opposition target player, who then passes into their own team. In this scenario, the best receiving option may be to pass to a support player, who can then use a suitable receiving technique and receive the ball in space.



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