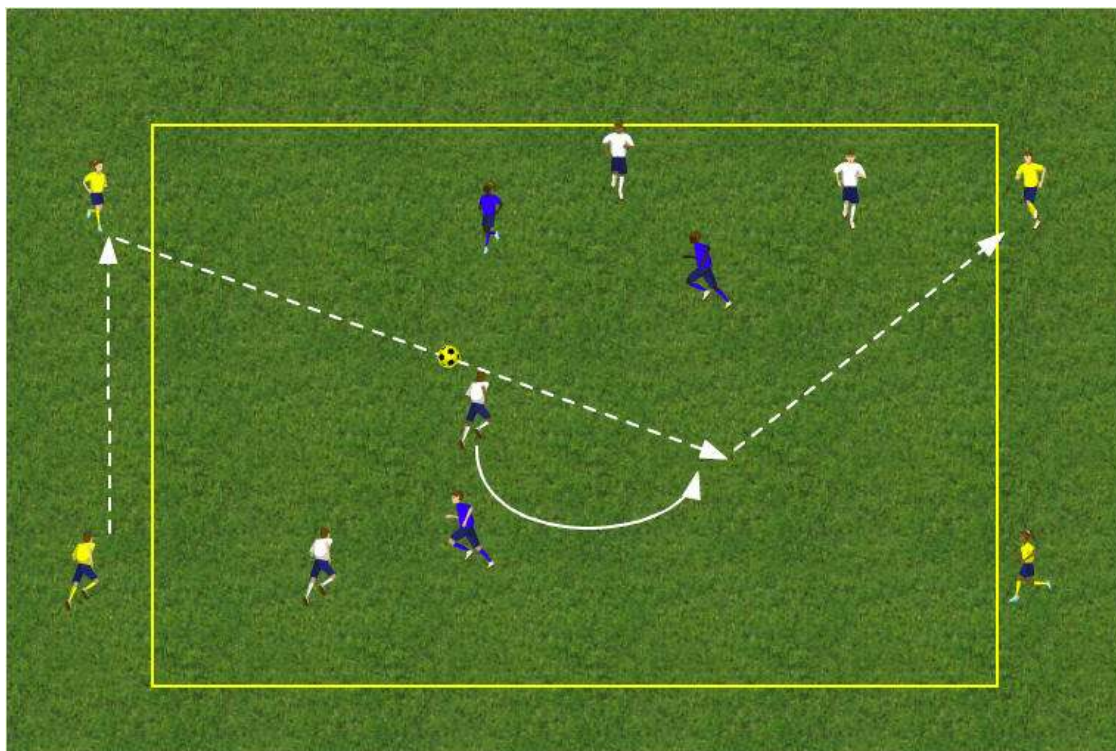


A PRACTICE TO IMPROVE THE SKILL OF RECEIVING PRIORITIES

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



ORGANISATION

Mark out an area of 35 x 25 yards, the area can be adjusted to suit the age and ability of the players. Play 4 attacking players v 3 defenders in the area and 2 floating / target players at either end of the area. The practice always starts with the one server passing across to the other server, then passing into one of the attacking team. As the ball is passed between the servers, this movement of the ball allows the attackers to move to find space to receive the ball.

The objective of the attacking team is to receive the ball from the servers and pass into the targets at the opposite end, as quickly as they can. Once the ball has been passed to the target players, the practice is repeated from the end the ball is.

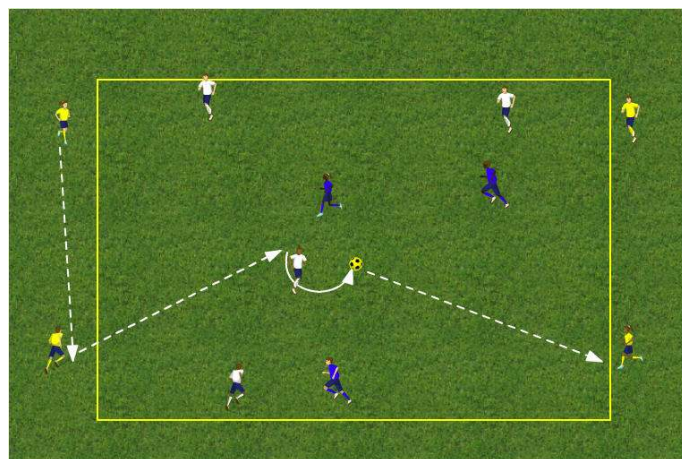
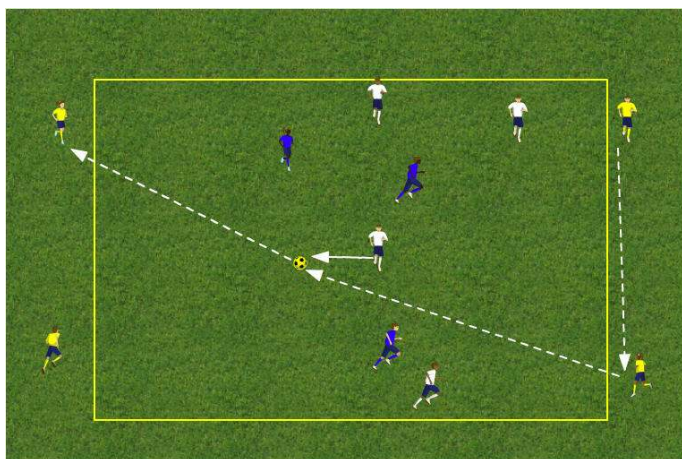
In this first scenario, the receiving player has recognised where the space is and run beyond the defending players into the space to receive the pass and then pass into one of the target players at the opposite end.

KEY TECHNICAL ASPECTS

Awareness of the defenders position to select the correct 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

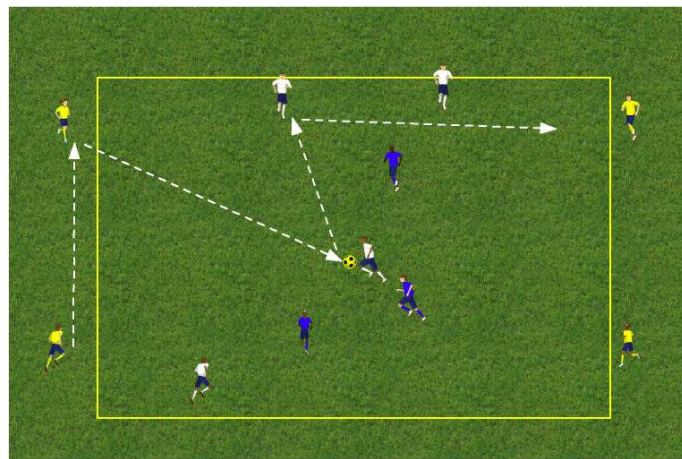
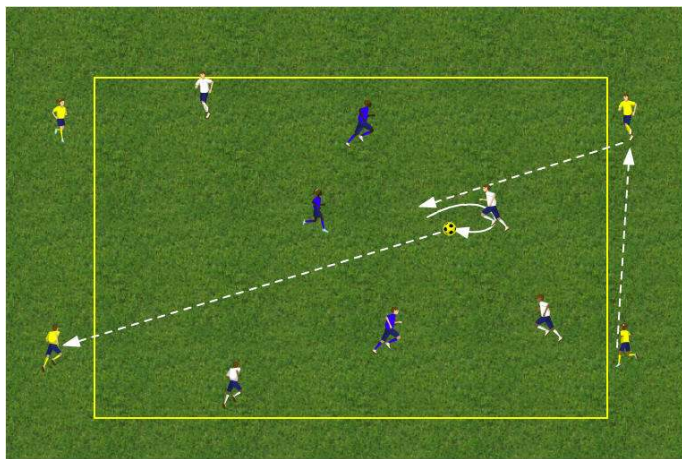
Progression # 1 – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation

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.



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 – At 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.



PROGRESSIONS

Play with only one target player *Progress the practice to a game

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.