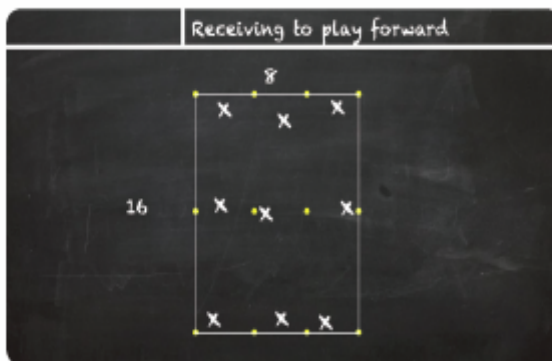


RECEIVING TO PLAY FORWARD

SESSION TECHNICAL PRACTICE (SMALL AREA)	PLAYERS 8 – 16	
AREA 8 X 16	AGE ALL	TIME 15 MINS



SET UP:

1. 3 teams of 3 players. Set up the pitch with cones forming 3 imaginary lines: a line at one end, a line in the middle and a line at the other end.
2. Each team occupies a line.
3. Team 1 (end) pass to Team 2 (middle) who pass to Team 3 (other end).
4. The ball is then passed back from Team 3 to Team 2 to Team 1.
5. 3 balls in play. 1 ball starts with Team 1. 2 Balls start with team 3. The game commences with all balls being passed simultaneously into the middle to Team 2.
6. The players in Team 2 (middle) should be encouraged to move to receive the pass.
7. Allow players to vary who they play the ball to (i.e. not always the man immediately opposite them).

KEY FACTORS

The movement of the player in the middle is vital. Can he get 'side-on' to receive?

Awareness, of the other players in the middle and the player you are passing to

Think about how you receive the ball, for example, front foot to guard from defenders or back foot to play forward

PROGRESSION: N/A

SKILL DEVELOPMENT: Control, communication, passing accuracy.

NOTES