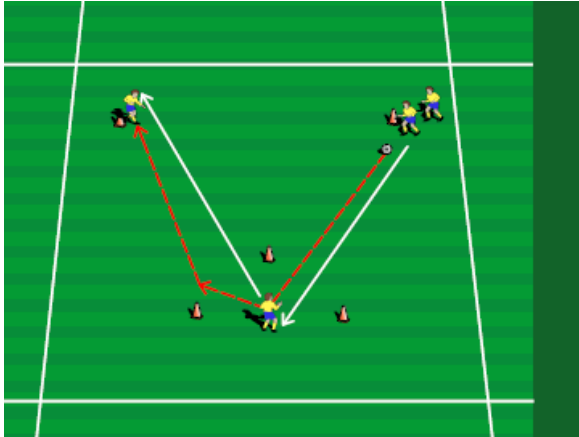


This session will look at the techniques of receiving the ball in various ways. The session begins with a technical warm-up reviewing various techniques for receiving the ball, before going on to a relevant passing and moving pattern that introduces several types of passes to be received. The third drill involves far more decision making and concentration from the players, but also involves many passes in tight spaces and receiving the ball from various angles.

- **Warm-up: V-passing pattern.**



Set up: 5x5x5 triangle, and 2 cones 10-15 yards beyond on each side. 2 players where the ball is.

Instructions: First player passes the ball into the triangle, with the receiving player working on various receiving techniques before passing in the other direction. Everyone follows their pass.

Coaching Points:

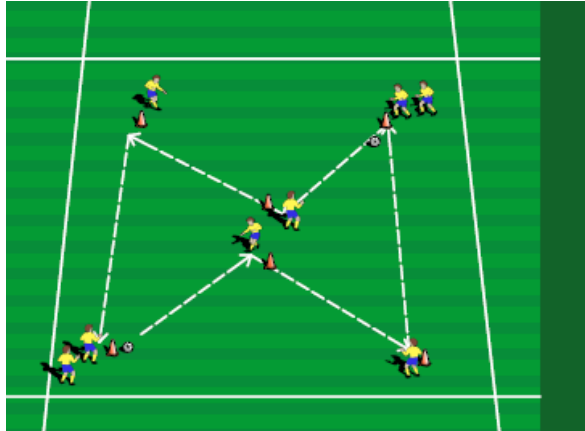
Progressions for this drill include:

- **Inside of the foot:** Receiving the ball with the inside of the foot (opening up the body to receive with left foot to go left and right foot to go right)
- **Receive with outside across Body:** Right foot reaches in front of left to receive the ball and take a first touch out to the right.
- **Outside of the foot sideways on:** In a shielding position receive the ball with the outside foot that is furthest from the defender. First take 3 touches (one to stop, one to push out of feet, and one to pass), and then take just 2 by pushing the ball out with your first touch.
- **Cruyff receive:** Receive the pass with the inside of the foot, sending the ball behind your planted foot (ie: right foot receives, and touches the ball behind the planted left foot).
- **Receive in the air:** To the feet, thighs, chest, head... always send your first touch in the direction that you're going.

This same drill can be done to goal where the pass is received, touched out of the feet, and then a shot is taken on goal.

Extended Warm-up – W-M passing pattern:

- A nice simple progression from the warm-up to introduce more movement, different kinds of passes, and more difficult balls to receive.



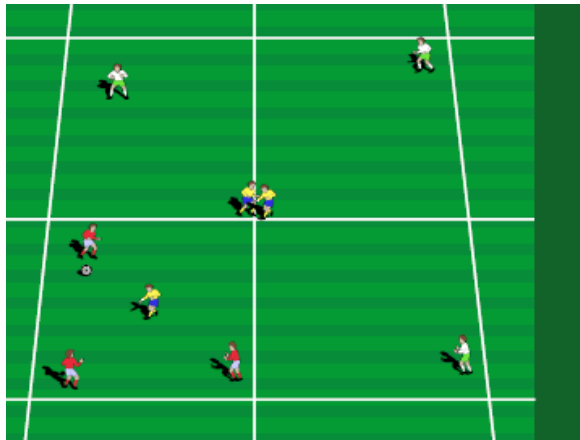
Set up: same as the first drill with two patterns setup back to back.

Instructions: Ball travels in the direction shown above, with each player following his or her pass. You can still work on various receiving techniques, but have now added a long pass into the mix so that more accuracy and a better touch are required.

Coaching Points: To speed up the drill and add a conditioning component, stronger teams can attempt to cut this drill down to 1 touch passes. Plenty of communication is required.

3v1 – transitions

- This drill is more suited to older teams, but can be simplified for younger players by only playing in two grids.



Set up: 4 squares ranging from 10x10 - 20x20 depending on age and ability (the stronger the players, the smaller the square). 3 teams of 3 dispersed as pictured above.

Instructions: Yellows send 1 defender to try and win the ball from the 3 reds. If the reds are able to make 3 passes, they can pass to one of the white players. The white player who receives the pass is joined by the other two whites who are defended by a new yellow to form a new 3v1 situation. Reds would then disperse so that one is in each of the remaining 3 squares.

Coaching Points: start with no restrictions until the rhythm is found. Focus on very sharp transitions by defenders and supporting attackers. Once the level goes up, try to add touch restrictions (ie: 3 touch max), or final pass must be a first time pass. Make sure attacking players are maximizing the space available to them.

Possession with Passing Goals: A simple game of possession is played where a certain number of consecutive passes scores a goal. For Younger teams it could 5 passes to equal a goal, and for older and more skilled teams that number can be raised to 7 or 8. As in the 3v1 drill above, the coach should emphasize that both short and long options are created by the team in possession so that quick short passes can be made to draw the defending team in, before switching the play with a longer pass.

Scrimmage with touch restrictions: By restricting the number of touches allowed, you will force the players to continually pass and receive the ball instead of dribbling it all of the time.