



Week 8- U9-U12- Learn To Train- Receiving

Category: Technical: Passing & Receiving
Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

Description

Learn To Train - Receiving

Warm Up (15 mins)

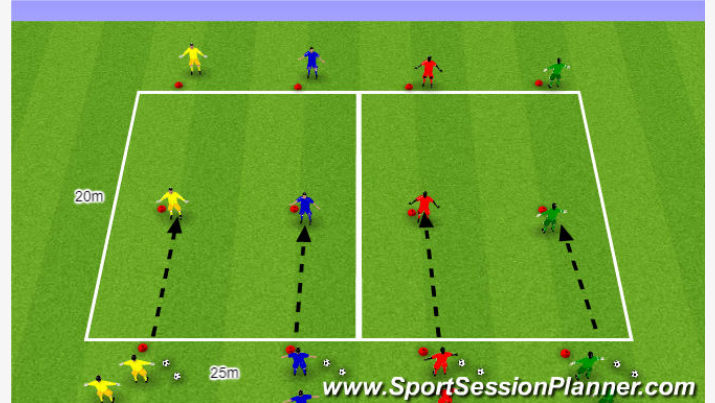
Organization: 4 lines with 4 players. Activity has a couple progressions, based off skill level depends on what you use. Player starts with the ball plays to play in middle cone, player in middle cone receives; turns and finds player on last cone. Player on last cone dribbles back. After pass players can do something with physical literacy: skip, hop, run backwards, side shuffle, open gate, close gate

a) pass two touch, turn, pass

b) pass middle, middle back to 1st cone, 1st cone to final cone on long pass

c) give an go between first cone and last cone

Objective/ Coaching Points: To communicate to a team mate when receiving the ball, what part of the foot to receive on, what foot to use based off where defender would be. Weight of pass



SSG 4v4 (15 mins)

Organization: 4v4 with one team on outside. Play starts, teams inside, just complete one pass to outside team, outside team receives ball and plays back to that team, once it is successful they can go and score. After 2 minutes. Rotate the teams. Include celebrations with team mates, high 5's, come up with their own etc.

Objective / coaching points: To communicate to a team mate when receiving the ball, Receiving, Passing, Finishing, Use of the hips to disguise passing or receiving intentions.

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally



Activity (15 mins)

Organization

Servers (black) play into the red player's feet (attacker) who receives and passes into the target goals for 2 points, if they cannot go forward, they can return the ball back to the server safely for one point. (Servers keep the attackers score). Defenders defend as they normally would in a game and if they steal it, they get a point for scoring in any of the 4 targets. After 30 seconds, defender and attacker switch roles. Play straight away on the transition. Once both players have attacked, they swap and become the servers. Once every player has attacked, the 2 players with the highest amount of goals play against each other. Once that is done, the winning players from each square form a group, as do the second, third and fourth placed players and play again.

Objective To communicate to a team mate when receiving the ball. Shielding

Turning, Combination Play, Receiving on the safe side (the foot that is the furthest away from the defenders)

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them



Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

SSG 7V7 OR 8V8 (15 mins)

Organisation : Normal match, tons of balls on outside so we can play a quick restart

Objective

To communicate to a team mate when receiving the ball

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

