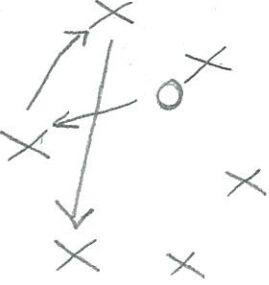
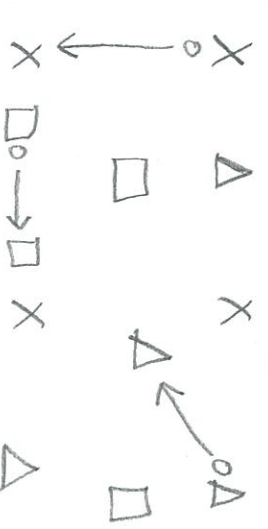
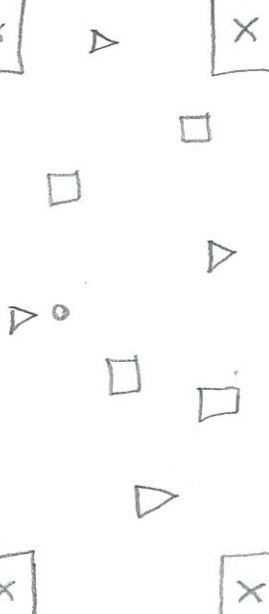
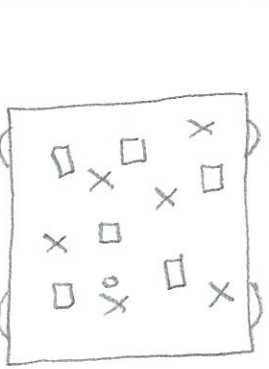


TOPIC: RECEIVING



DIAGRAM	ORGANIZATION	KEY COACHING POINTS
	<p>In a circle of approximately 5-6 players</p> <p>Pass two ahead and one back</p> <p>Change direction of the pass (clockwise and counterclockwise) promoting use of both feet</p> <p>Make it a race at the end</p> <p>Two touch then one touch</p>	<p>Soccer ready – Light on feet and bouncing</p> <p>Proper technique: 90 degrees, toe up, knee bent, ankle locked, elevator down, square body behind ball</p> <p>Head up ready and ready to make a decision</p> <p>Respond quickly to directions</p>
	<p>3 teams knock the balls around</p> <ul style="list-style-type: none"> - Can only pass to your color - Can't pass to your color - Pass to one color then the other <p>Progression: 2 teams possess and one defends</p> <p>20 yard x 30 yard field</p>	<p>Same as above</p> <p>Move to open space after you pass</p> <p>Be an option for your teammate</p>
	<p>3 teams – 2 teams play to 4 corners, score by passing ball to 3rd team inside the 4 corner boxes.</p> <ul style="list-style-type: none"> - Attack all 4 corners - Attack ends - Attack all 4: score once in each <p>20 yard x 30 yard field</p>	<p>As above</p> <p>Rotate teams out of corners</p>
	<p>Split teams in two and play keep away in half the field.</p> <p>Add two small goals in the corners</p>	<p>Let them play.</p> <p>Praise all good receipts of the ball!</p>