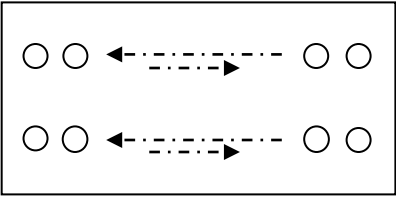
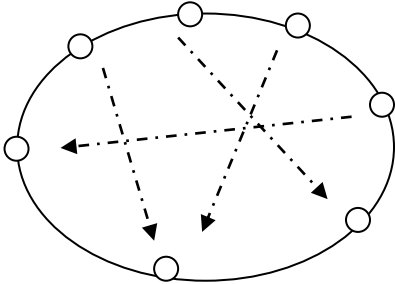
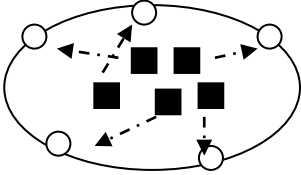
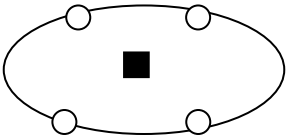
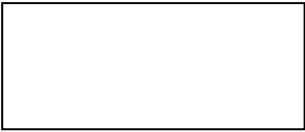


TOPIC: Receiving

GISC Rapids – U11 Boys travel. (Receiving/First Touch)

	DIAGRAM	ORGANIZATION	KEY COACHING POINTS
WARM UP		<p>Note that this “warm-up” assumes that the boys/team have already run through a “general” warm-up, upon arrival at practice.</p> <ul style="list-style-type: none"> Organize the players in groups of 3 or 4 Players in the group opposite from each other (1/2 on each side) Subject to age of players & space, approx 5 to 10 yds. apart Players dribble from one line, & then serve pass to front player in the other line. <p>Progressions: add a “move” after the first/second touch – then can ask for first touch with one foot, and next touch must be other foot – then can progress to 2 or 3 touches total (adjust distances of lines)</p>	<p>Want players to get to “first wind” early in the training session</p> <p>Basic first-touch elements to highlight here:</p> <ul style="list-style-type: none"> Light bounce in prep Elevator down to settle - knees bent - locked ankle - toes facing sky. We want receive with right, then next touch with left...or receive with left, then next touch with right.
ELEMENT 1		<p>Players in a circle/oval/rectangle -- all on the outside</p> <ul style="list-style-type: none"> Subject to # of players, multiple balls in play <ul style="list-style-type: none"> Ex: if 10 players, 2 or 3 balls in play Players must take a touch and dribble across the circle and serve pass to another player Starting with unlimited touches – pass MUST be played across approximately 1/2 the space (avoid 2 and 3 yd passes) <p>Progressions: add a “move” after the first/second touch – then can ask for first touch with one foot, and next touch must be other foot – then can progress to 2 or 3 touches total (adjust the space as needed)</p>	<ul style="list-style-type: none"> First touch can't be STUCK under foot...requiring an “extra” touch to get into play First touch must typically be at “equator” of the ball, or the top half (to keep ball on ground/in control/at speed) <ul style="list-style-type: none"> --Intro concept of burst-change speeds w/first touch --Intro concept of first touch to “space” (open up)
ELEMENT 2		<p>Similar set-up with circle/oval/rectangle -- segue into WINDOWS</p> <ul style="list-style-type: none"> Large outside circle and now players on the inside (1/2 & 1/2) Start with cycle where inside players must check away and back to the new player for pass (changing speed/approach at angle) Serve ball BACK to passer, then go find another player Can add element where circle around outside player, then receive Then transition to player must receive (outside foot) and then look for open outside player 	<p>All inside players have a ball.</p> <p>Build on what has been done to this point - move to the following:</p> <ul style="list-style-type: none"> Receiving player points/asks what foot they want ball passed to Looking to open up to broader circle and where there's space. With passing player understanding which foot to pass to AND, don't play ball till player <i>asks</i> for it.
ELEMENT 3		<p>Similar set-up w/ circle/oval/rectangle -- segue into “Keep-Away”</p> <ul style="list-style-type: none"> Keep away within a defined space/numbers Adjust # of possession players and size of space, subject to what success you're having This starts to connect ALL that has been discussed to this point...adding game situations (speed/pressure) 	<ul style="list-style-type: none"> Focus on technique-confidence under pressure First touch must take you to space Remind the benefits of switching feet, from receipt & first touch. Let them see success first then add pressure (with smaller space, or more defenders)
GAME - LIKE		<p>Small Sided games – ideally 3v3 or 4v4, subject to space.</p> <p>--With small goals (start with (2) wide goals on each end, then go to (1) central goal.</p> <p>--Then, perhaps segue into field with all players, subject to size/space</p> <p>--Playing with (2) wide goals on each end</p> <p>--Starting with unlimited touches, then restrict touches</p>	<ul style="list-style-type: none"> Let them PLAY. Sit on sidelines let them sort-it-out. <ul style="list-style-type: none"> Incorporate technique-focus from the session When appropriate coaching opportunity arises, call it out quickly...then get back to play. (stay to the session focus!)