



ACTIVITY #1

Set up: Set up is the same as before but we have no added a defender to the middle and take a receiver away. the aim of the defender is to pressure a receiver in to making the correct decision, Can I turn?

Instructions: Players in the middle look to receive a pass from the outside. the aim of the activity is to have the players in the middle receive with their back foot, open up and play to a player on the outside with out the ball. We need to concentrate on the pass going in to the middle, the movement of the receiver, the first touch and then the pass to finish it off. the receiver should look to receive the ball side on, receiving the ball with the inside of their back foot. As the ball is travelling in the player should check their back shoulder to check if they can turn or not. If they can not turn they have to look for another pass and lose the defender.

Coaching Points: Pass.

1) Accuracy. 2) Eye on the ball. 3) pace of pass. 4) Part of foot / ball

Receiving.

1) Body behind the ball. Attack the ball 3) check shoulder. 4) 1st touch decision (Can I turn?)

5) Eye on the ball 6) Head Up 7) Quality of pass.