



U7 - U9 Technical Practices: Receiving

Category: Technical: Passing & Receiving
Difficulty: Advanced

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Individual-Adult Member

Description

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Practice 1

Organisation:

One player passes through the middle gate

Receiving player takes the ball to one side and the passer runs through the other side's gate to join opposite line

Development: Players can receive the ball and move through either gate and the passer must realise where the ball player is going and go to the opposite side.

Coaching Points:

Players are encouraged to demand the ball from team mates. (Loud)

1st touch: soft, take the speed of the ball and place the ball away from the body towards the target

Use inside of the foot to control

Once the ball is under control can players accelerate into space with it (Dribbling)

Practice 2

Organisation:

The receiving player runs to the marker and receives a pass from the 1st player in the line.

The pass is controlled using one touch and then another to pass the ball back to the line.

The receiving player then moves back to the original receiving position and gets another longer pass.

Once the player receives that pass they take the ball through either the L or R gate and the passer runs through the opposite one. Both join the opposite line.

Development: Players can receive the ball and move through either gate and the passer must realise where the ball player is going and go to the opposite side.

Coaching Points:

Players are encouraged to demand the ball from team mates. (Loud)

1st touch: soft, take the speed of the ball and place the ball away from the body towards the target

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