



U7 - U9 Technical Practices: Receiving

Category: Technical: Passing & Receiving
Difficulty: Advanced

Thomas Connor , Warwick , United States of America
Individual-Adult Member

U7 - U9 Technical Practices: Receiving

Organisation:

Players work in 3s inside a triangular are 7m each side.

Players pass to each other using two touch and then one touch with the inside of the foot.

Coaching Points:

Players must use safe passes with the inside of the foot

When receiving the ball body position must be correct

1st touch should be away from the body and in the direction of the next pass

Progressions:

2 touch back foot

1 touch back foot

2 touch front foot (1st touch across the body)

Right and Left foot passes

Players communicate by shouting the name of the receiving player clearly

Passing player instructs the receiving player on where to play next. either to the other player or back to themselves. (1,2)



U7 - U9 Technical Practices: Receiving

Organisation:

Players work in 2s in a triangular area 7m each side. Passes to one another always moving to the free side of the triangle after the pass.

This exposes the players to receiving the ball while moving themselves.

Coaching Points:

Safe passes using the inside of the foot

Once a pass is made immediately look for the open space and move to it

Body position needs to be correct to receive (balanced)

Good and clear communication between players.

