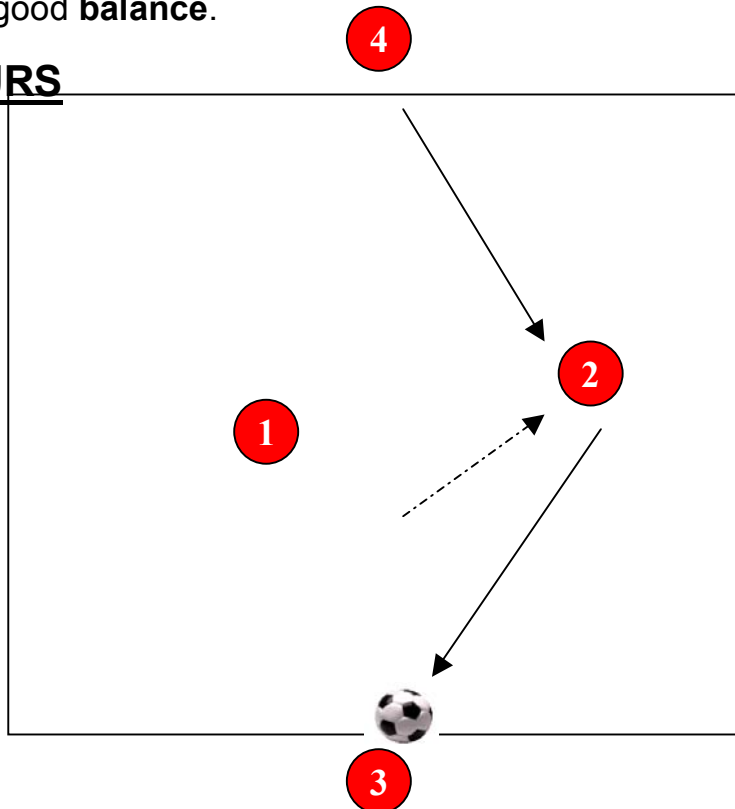


# RECEIVING , CONTROLLING AND TURNING WITH THE BALL

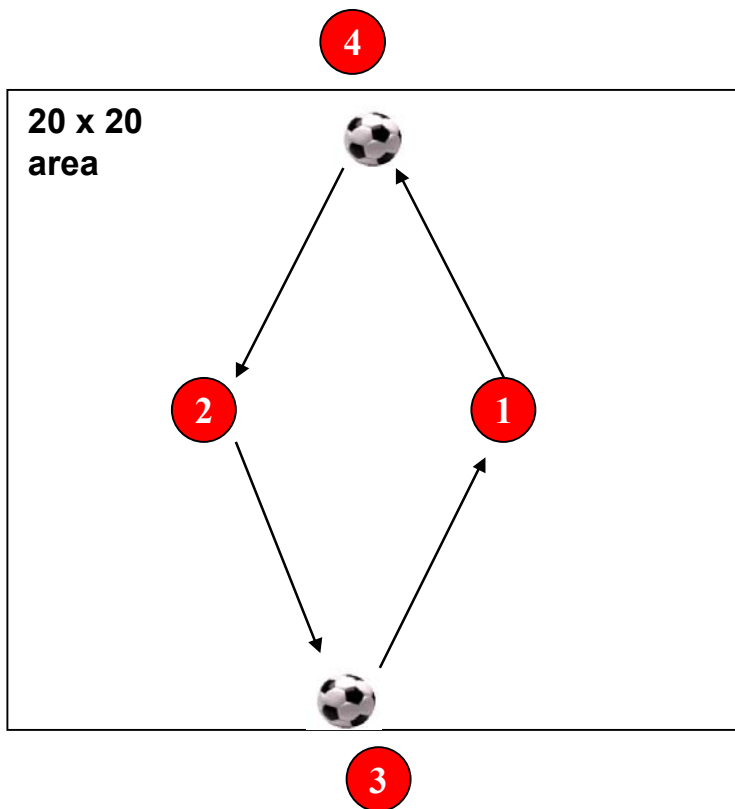
## COACHING POINTS

1. Support in a **diagonal** position not in a straight line (off at an **angle**).
2. Receiver face the player with the ball (**eye contact**) so they know the receiver is ready.
3. Receiver move **to** the ball to avoid anticipation of a defender intercepting or **away** to create space to come back into.
4. Receiver be aware of where the **space** is to turn. Body position **half turned** to receive moving the ball on the **first** touch (changing **direction**). Use upper body to create an element of surprise or disguise. Get your body between the ball and your opponent (**screen** the ball).
5. On receiving and changing direction with the first touch change **pace** (away from a defender). Use your arms to protect yourself and keep your **knees bent** for good **balance**.

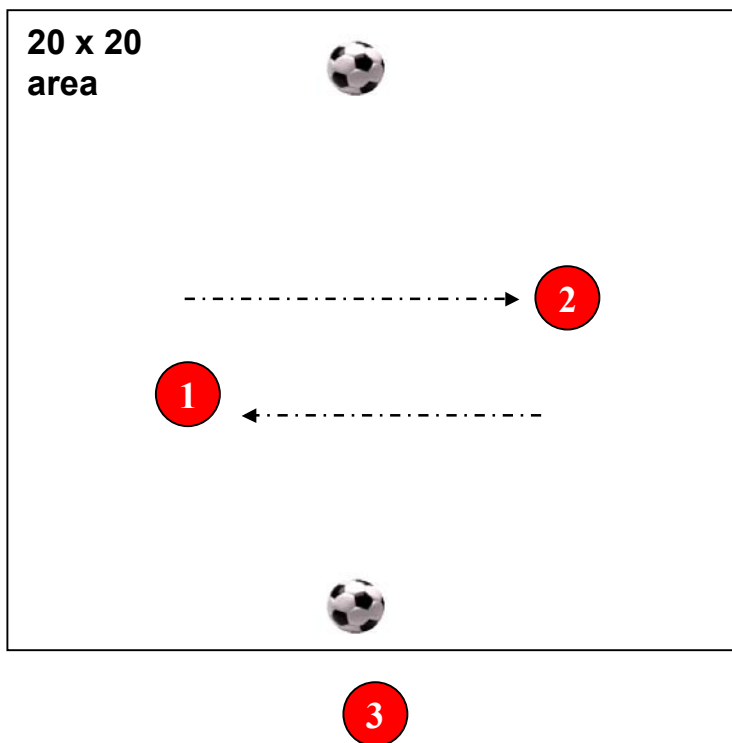
## IN FOURS



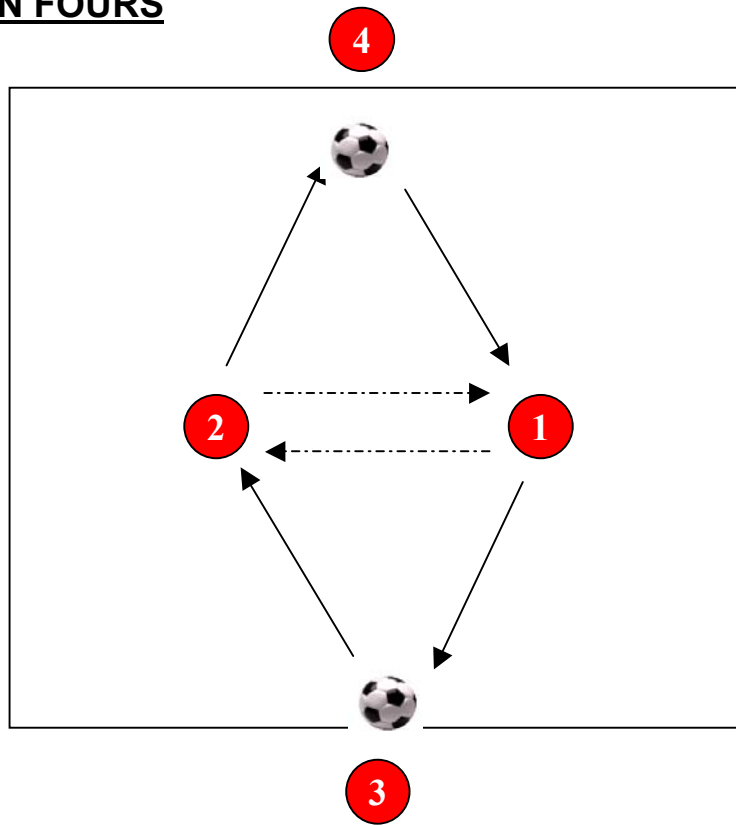
1. No opposition to begin. (4) passes to (2) who receives, controls and passes to (3). (1) receives from (3), turns and passes to (4) and so on. Rotate the players in the middle.
2. Have the other player in the middle be a passive defender. Middle players can switch sides to receive and turn.
3. Turning inside and turning outside using inside and outside of the foot (practicing with both feet).



1. Two balls going at once. (2) receives from (4) and passes to (3), at the same time (1) receives from (3) and passes to (4). The players switch across to the other side and work the other way.
2. This is a continuous movement exercise and the players have to get a rhythm going to make it work effectively. Use the previous coaching points in the three player set.

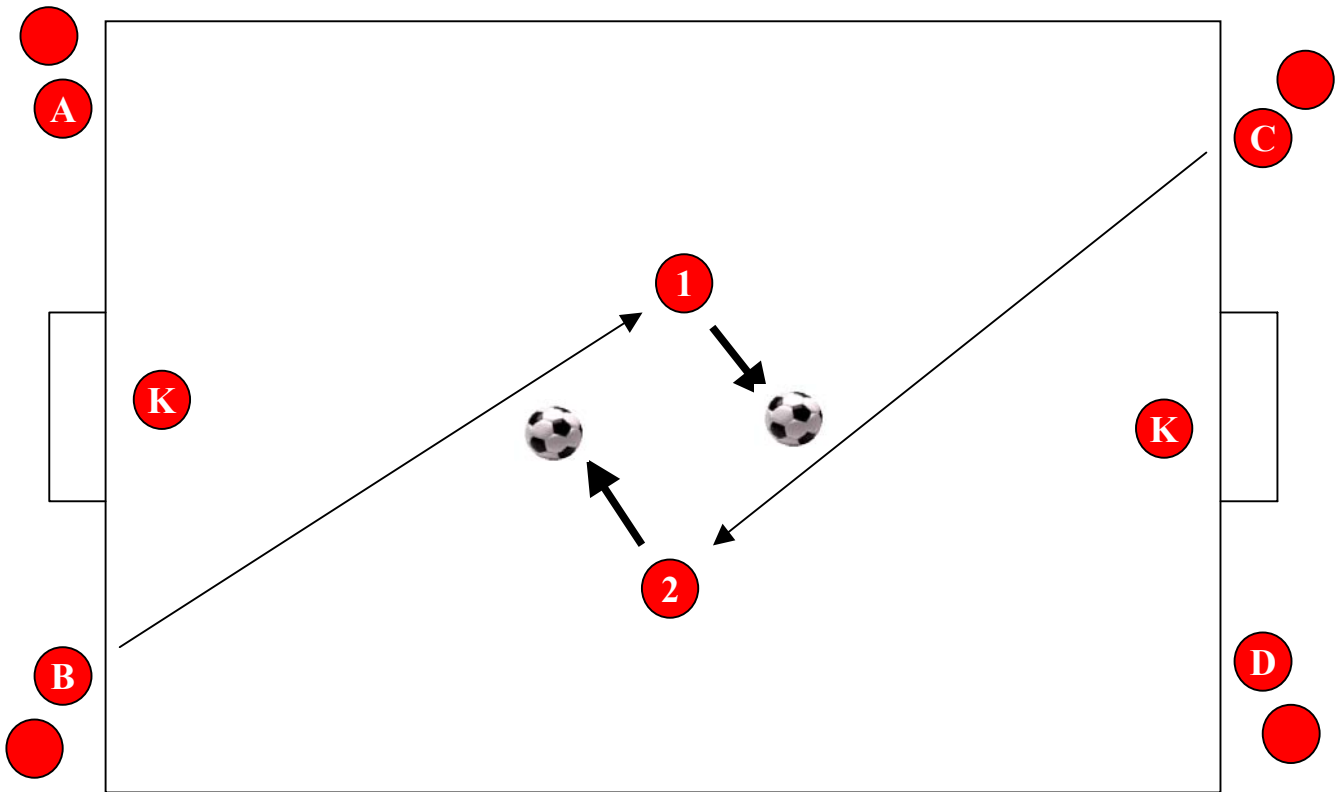


## IN FOURS



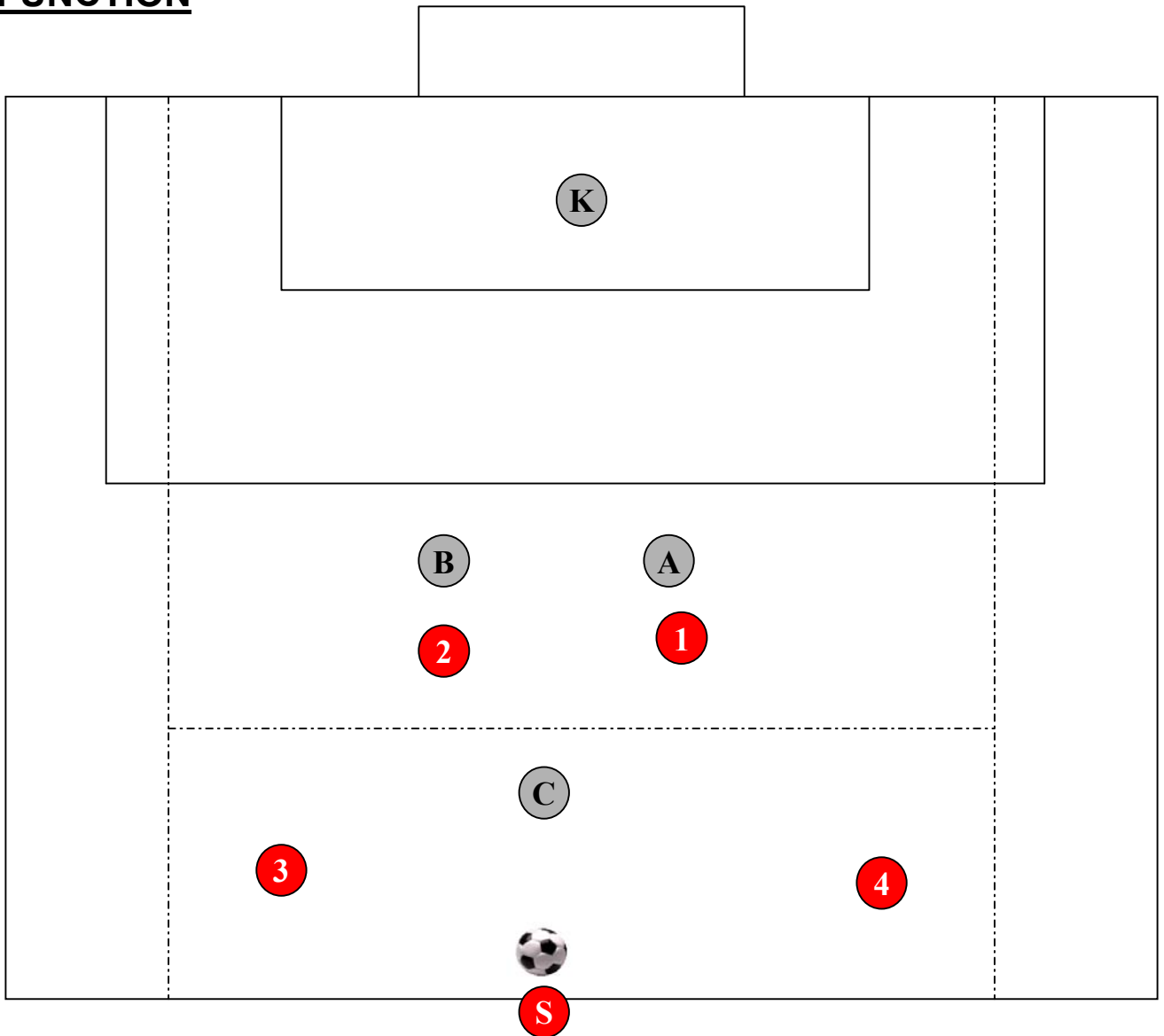
1. Two balls going at the same time. Players must maintain the rhythm of the movement.
2. Once they pass the ball the middle players switch sides to receive the ball back again and continue the transition.
3. Ensures they use both feet to transfer the ball.
4. Same idea as the awareness session in threes only we are going both ways at the same time with four players working.
5. Rotate the players.
6. Same build up as the awareness in threes session, use that information as a reference.
7. Once you have gone through the progressions make the game competitive with a 1 v 1 in the middle.
8. Whichever player has the ball in the middle works with both outside players until they lose the ball then the other player works with the two outside players.
9. Develop – Outside players can pass to each other bypassing the inside player who can link up on the other side following the pass.

## RECEIVING TURNING AND FINISHING SESSION



1. Players are **side on** to receive. (B) serves to (1) who receives, turns and shoots, simultaneously © serves to (2) who performs the same movement. Turn both ways.
2. (1) then receives from (D) to attack the other goal , and (2) receives from (A). Work the shooters hard for a few minutes then rotate the players. Both players work both ways alternately. Try to have it two touch, one to control and turn and one to shoot.
3. Introduce another player who becomes the shooter and the other two players are the receivers. Shooter positions between the receivers and works a position to receive one touch from them to shoot at goal. For example (B) serves to (2) who lays the ball off one touch for the shooter to shoot. Then © passes to (1) who does the same going the other way.
4. **Coaching Points** – a) Server must serve with precision and pace.  
b) Receivers tight first touch to turn and shoot or lay off for teammate to shoot.  
c) Quick feet to get into position to receive and shoot or lay off to teammate.  
d) Hit the target (accuracy before power).  
e) One touch quick finishing where possible.
5. **Develop** – Have rebound players positioned near each goal to keep the keepers on their toes. **Develop** – Introduce passive defenders.

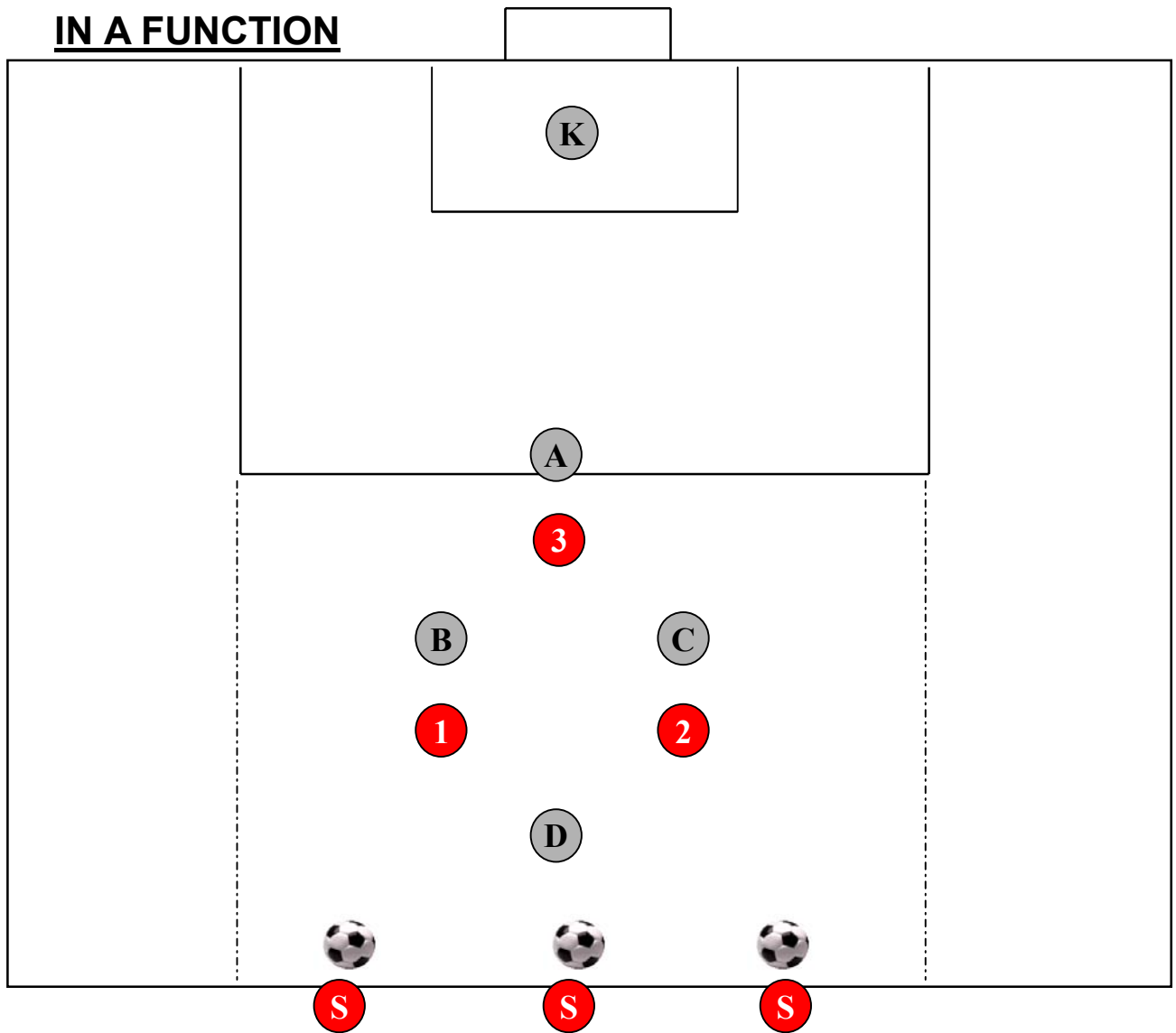
# STRIKERS RECEIVING / TURNING AND LINKING UP PLAY IN A FUNCTION



1. The game is two touch in the outer zone where the midfield are and free play in the strikers zone . We have a 2 v1 in this area where there is pressure to pass but also an overload to ensure passes are able to be made into the strikers.
2. Strikers try to get free from defenders to receive and turn and get a shot in or make combination plays to set up a shooting chance.
3. If the defenders win the ball it goes back to the server (S) to start again.
4. **Coaching Points**
5. a) **Create Space** (movement, R and T, short and wide)  
b) **Support Positions** (1-2's, crossovers, diagonal runs, one short one long)  
c) **Shots** on target and **Rebound** positions.

# CENTRAL MIDFIELD PLAYERS RECEIVING AND TURNING

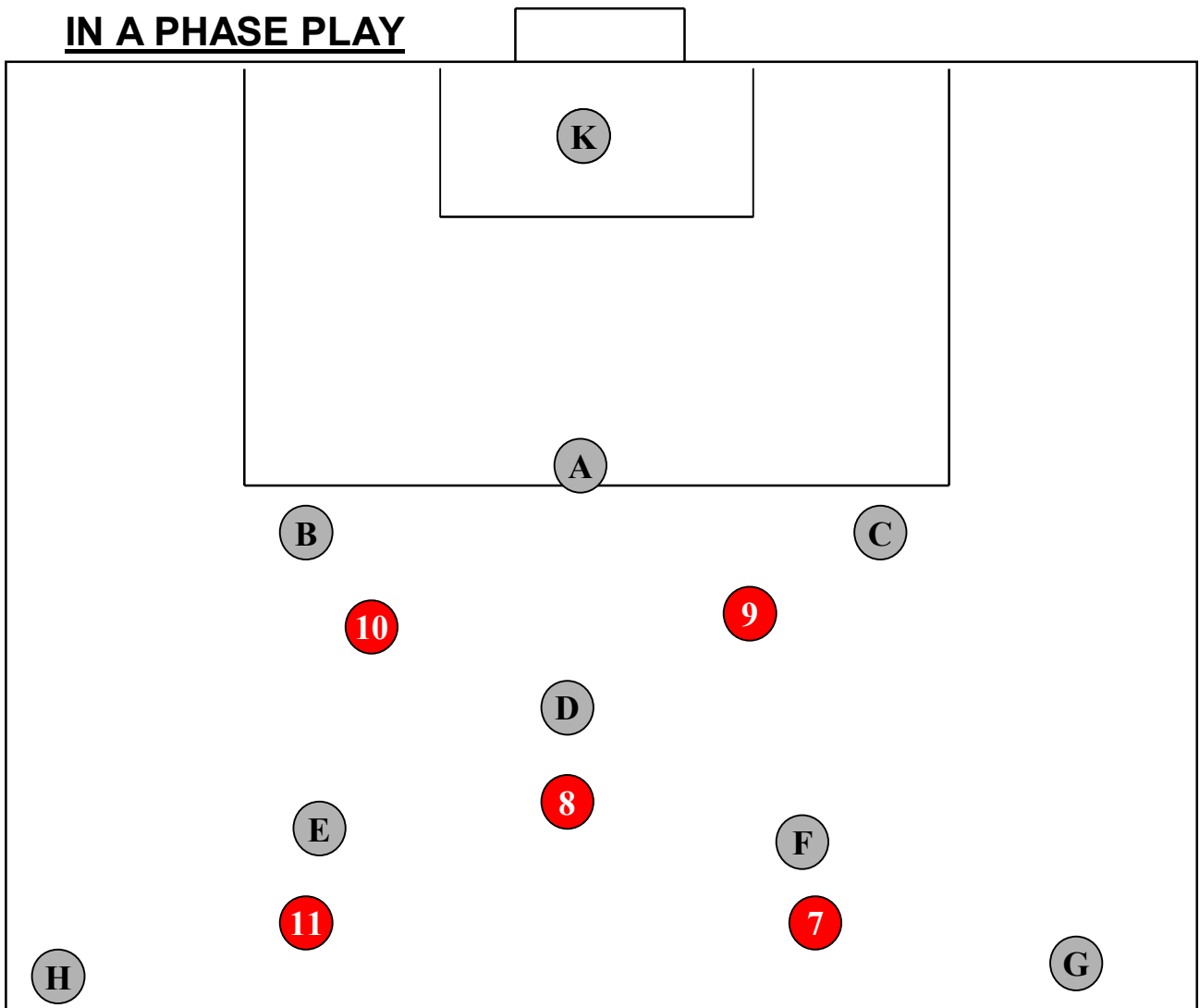
## IN A FUNCTION



1. A server passes the ball into the central midfield players and the play begins (to keep the practice in eights the coach can be the server if necessary).
2. **Coaching Points** – a) **Creating Space** by movement off markers (eg A crossover ).  
b) **Decision** – When and where to Receive and Turn with the ball.  
c) **Technique** – How to receive and turn (see previous points).  
d) **Quality of pass** into receiver (angle, accuracy and weight).  
e) **Support positions** of teammates behind and in front of the ball.
3. Server who plays the ball in can join in the play.
4. **Develop** – Introduce another attacker and another defender. Introduce wide attackers and wide defenders, develop into a phase play but still play into central midfield to begin the practice.

# CENTRAL MIDFIELD PLAYERS RECEIVING AND TURNING

## IN A PHASE PLAY



1. Set up as a phase play. Always working the ball into central midfield first to (7), (8) and (11). **Start Position 1.** – (6) into all three in turn. Getting body half turned to receive. Midfield players must move and create space to receive to feet or down the side.
2. **SP2** - (11) and (7) crossover and (6) plays the ball down the side .
3. **SP3** – A wide player passes into (7) or (11) who passes one touch into a striker.
4. **SP4** – A wide player into (8) to receive and turn working with strikers or bringing central midfield into play.