



Receiving & Control

Appropriate for players ages 7-11

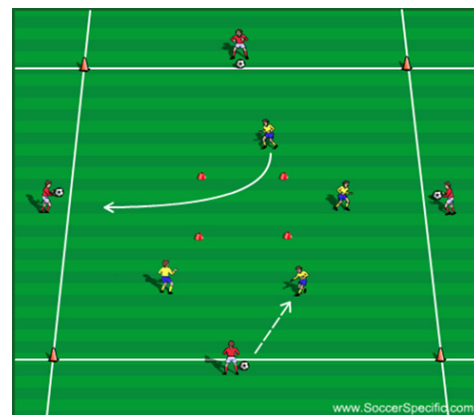
Session Aims: To introduce correct techniques to be able to successfully control the ball, demonstrating awareness, movement and control (on & off the ball).

Warm Up: Speed, Agility & Quickness (SAQ)

Players in the middle move around randomly and play a wall pass with one of the static players on the outer perimeter. Inner players return to central area prior to moving onto the next available wall player. Rotate players every 30-60 seconds.

Progression (s):

1. Vary type of delivery (e.g. volley, header, bounce, spin).
2. Scatter markers in centre for players to slalom through.
3. First player to achieve set number of passes wins (e.g. 10).

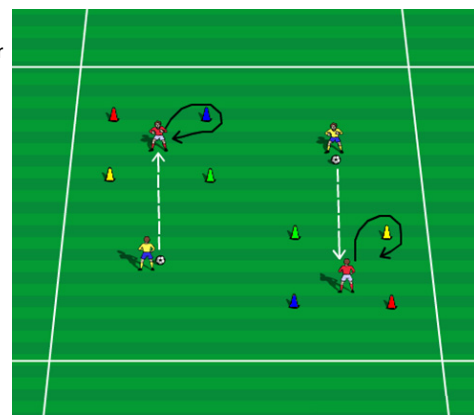


Fundamental/Individual: Receiving & Control

The receiving player inside the square must control the ball towards a specified colored marker determined by their partner and then return the ball back to their partner.

Progression (s):

1. Limit number of touches (e.g. 2 touch max).
2. Vary type of delivery (e.g. bounce, spin).
3. Reduce size of area to control the ball.

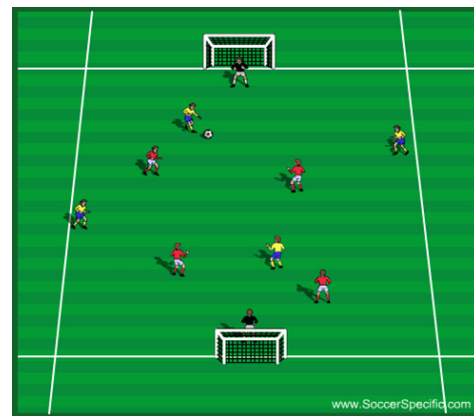


Game Related/Group (Incrementally adding pressure): Developmental Fours + GK's

This game-related practice is set up to encourage players to play in a basic diamond (1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Receiving and controlling the ball under pressure.



Game Condition (Small-sided/Conditioned)

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.