

## Description

Receiving the ball to turn and switch play

## Warm Up - SAQ and Ball Minipulation

### Organization

#### SAQ

Set up two groups, 5 cones, 1 yard apart with an end cone 10 yards away

Players perform a variety of dynamic movements around end cone:

- Side Strides
- Karaoke
- High Knees
- Open and Close the Gates
- Thigh and Hamstring Stretching

Players perform a variety of dynamic movements through the cones:

- Quick Feet
- High Knees
- Two Feet
- Side Strides

Players move to other group when completed

#### Ball Minipulation

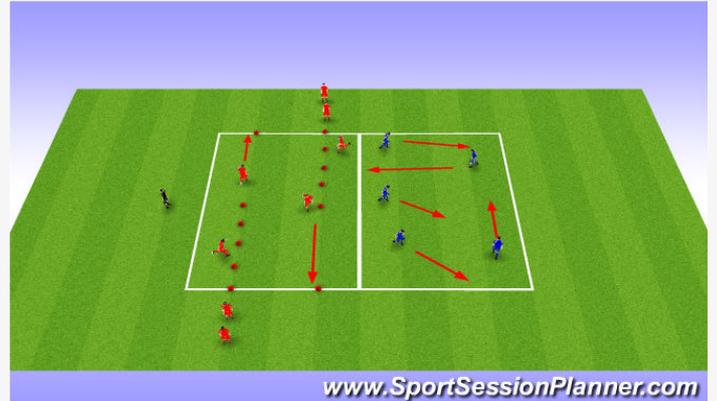
Players with a ball each, moving around inside the square

#### Competencies

- Head up
- Bend knees, low center of gravity
- Look for space
- Small controlled touches
- Use both feet
- Use various parts of both feet
- Lots of changes of direction and speed

Players perform various skill based techniques

- Drag backs
- Scissors
- Cruyff turns
- Drag and Tap



## Receiving and Turning

### Organization

Set up 2 receiving and turning drills as shown (a diamond of 4 cones approximately 15 yards long and 10 yards wide)

Player 1 attacks either of the middle cones to receive a pass from player 2 (ask the players to use both cones as it forces them to use both feet)

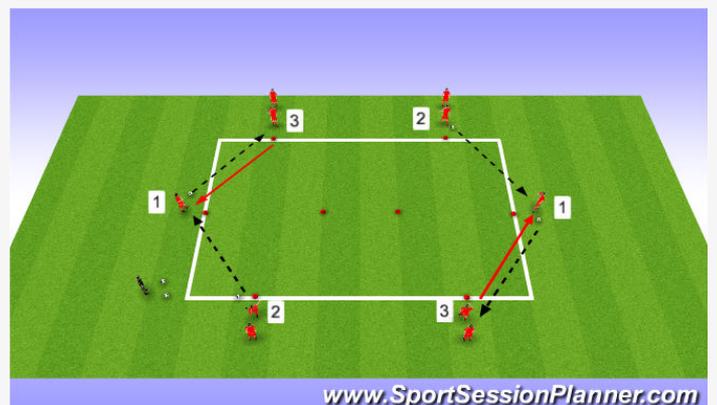
Player 1 must open up and control with the back foot which will allow them to play a pass to player 3 more successfully

Player 1 then returns to their line

Player 2 then attacks either of the middle cones to receive a pass from player 3

#### Competencies

- Body position 'Open Up'
- Receive ball on the back foot (furthest from the ball)
- Timing and direction of movement to create individual space
- Communication



## Small Sided Game

### Organization

20 x 20 yard square

2 v 2 in the square with the other players on the outside

Objective is to move the ball from one side of the square to the other by linking a pass OR passes through the middle (ball cannot travel directly from one side to the other)

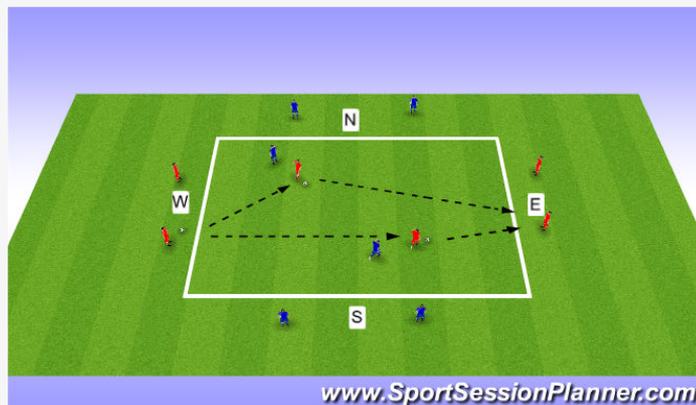
One team plays North/South one team plays East/West

Outside players cannot check inside player - Inside players cannot check outside players

### Competencies

- Body position 'Open Up'
- Receive ball on the back foot (furthest from the ball)
- Timing and direction of movement to create individual space (lose defender)
- Communication

Rotate players on the outside



## Small Sided Game

### Organization

4 v 4 5 v 5 depending on numbers

Encourage players to create individual space and open up with their back foot to turn when receiving a pass

