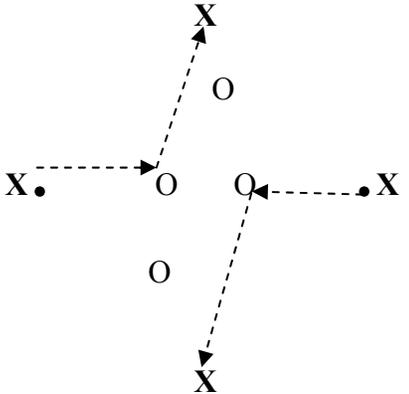
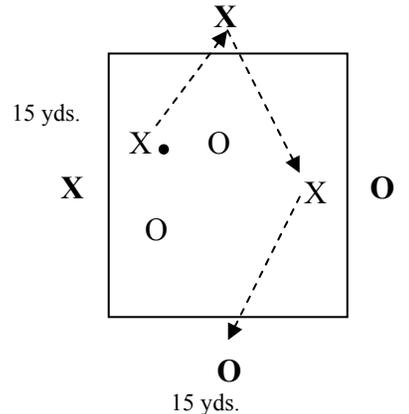
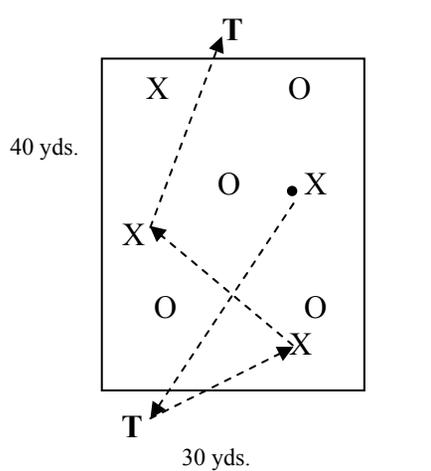
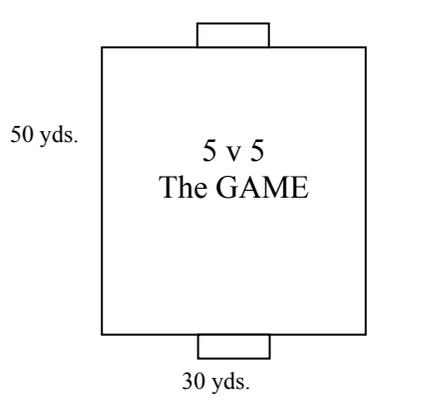


Topic: **Receiving and Turning**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Roxborough Windows exercise. Half of the team on the outside and half on the inside. Define space if necessary (i.e., use the Center Circle). Stretch.</p>	<ul style="list-style-type: none"> ▪ Begin with half of the players on the outside with a ball. Progress by adding [one ball at a time] to the outside players – this will limit [outside] options and improve general decision making. ▪ Objective is for the inside players to move off of the ball, receive, turn and deliver a pass to an outside target. ▪ Progress to balls serviced in the air. ▪ Rotate after an established amount of touches or time has been reached. 		<ul style="list-style-type: none"> ✓ Body mechanics, balance and technique ✓ Body position in line of flight of the ball ✓ Select, present and relax controlling surface ✓ Receive ball away from pressure and toward supporting options
Match Related I			
<p>2 v 2 + 4 neutral players (15 x 15 area or as needed). 4 neutral players play for team in possession of the ball.</p>	<ul style="list-style-type: none"> ▪ Objective is for the two in possession to link with the outside neutral players [who play for the team in possession]. If the defending team wins the ball, they do the same. Continuous. Rotate. ▪ Competition: a team rotates off [only] after linking to all four target players in possession without losing the ball. ▪ Note: 1) teams can't defend neutral players or space; 2) defense must man-mark; 3) teammates can pass between themselves; 4) if necessary, neutral players can pass between themselves to create space and options. 		<ul style="list-style-type: none"> ✓ Relax and withdraw controlling surface just before contact ✓ Importance of first touch to control and prepare the ball ✓ Turn and change direction with one touch ✓ Verbal and visual communication

Topic: **Receiving and Turning**

Match Related II			
<p>4 v 4 + 2 target players (30 x 40 area or as needed). Two target players play for team in possession. Recommendation: use goalkeepers as target players to encourage linking with the team and improving general footwork and decision making.</p>	<ul style="list-style-type: none"> ▪ Objective is to improve receiving and turning by linking with the target player and transitioning to [receive and turn] to attack to opposite direction. ▪ Target players must move laterally along the end line for support. ▪ Limit touches (1-2) for the target players to keep it realistic and encourage faster speed of play. ▪ Award a goal for linking with a target player, receiving, turning and keeping possession in transition the other way. 		<ul style="list-style-type: none"> ✓ Tactical application to the game (i.e., first touch away from pressure and toward support) ✓ Recognition of when to turn versus when to simply keep the ball ✓ Supporting shape and balance in possession ✓ Speed of play and fast, accurate decision making
Match Condition			
<p>5 v 5 with goalkeepers to two large goals (30 x 50 or as needed).</p>	<ul style="list-style-type: none"> ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Vary the attack (indirect versus direct) to off-balance the defending unit which will increase opportunities to receive, turn and penetrate ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session