

TOPIC: Turning & Receiving



Technical

<u>FUNDAMENTAL (Warm-Up)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>X receives ball from T1 and turns with it and passes to T2, O does to the same from T2 to T1.</p>	<ul style="list-style-type: none"> • Receiving surface • Approach to the ball • Weight of pass • Awareness of space to turn to
<p><u>MATCH RELATED ACTIVITY</u></p>	<p><u>ONE v. ONE</u></p> <p>Maintain possession against pressure attempting to move the ball between targets. Played in a restricted space.</p>	<ul style="list-style-type: none"> • Preparation touch • Protecting the ball • Position of the defender • Willingness to play back • Letting the ball run
<p><u>MATCH RELATED ACTIVITY</u></p>	<p><u>TWO v. ONE + ONE v ONE + GK</u></p> <p>(A) O1 + O2 possess ball in order to get it to O3 who looks to turn and go to goal. X1 or X2 defends while the other drops off into goal. (visa versa) (B) Same as (A) except either O1/O2 or X1/X2 can go forward to support.</p>	<ul style="list-style-type: none"> • Preparation touch • Maintaining depth to receive • Movement off the ball • Willingness to look for quick strike • Turning without the ball (side on)
<p><u>GAME CONDITION ACTIVITY</u></p>	<p><u>THREE v. THREE + KEEPERS</u></p> <p>Ball always restarts from keeper. Insist one player from possession team sets high on the field.</p>	<ul style="list-style-type: none"> • Attention to technique • Spatial awareness • Turning through combination • Deceiving of defender