



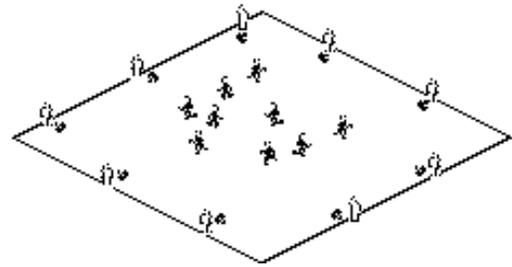
Mass Youth Soccer Skills Academy

U11 Week 3 – Receiving

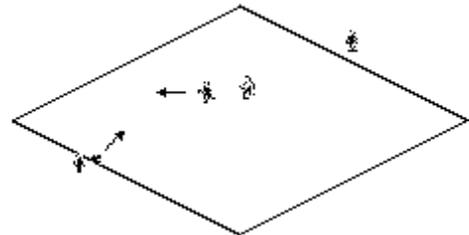
Main Coaching Points: (With Inside of Foot):

- ankle locked and get body behind the ball
- be on your toes and go to the ball, do not wait for it
- keep ankle of receiving foot locked
- Eyes on the ball at instant of reception
- cushion ball as it arrives (as you would catching an egg)
- keep feet moving before ball arrives
- do not stop the ball
- non-kicking leg slightly bent, and kicking foot bent enough so that foot contacts the ball in the upper half
- make your first touch active by pushing the ball in the direction in which you want to go (typically away from pressure)
- practice with both feet and all parts of the foot (inside/outside)
- always try to receive the ball facing the way you want to play

1) **Dutch Circle**---Half of the players create a 25-35 yd outer circle and have soccer balls. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside to receive a pass from them. They receive the pass and then play to any player on the outer circle who does not have a ball (except player who passed to them). They then check to another person on the outside that has a ball and repeat this process for about 2-3 minutes until coach switches players on outside and inside. Focus on both front foot and back foot receptions and add in feints (i.e. ball runs through legs, ball runs across body, or take ball early). Work on receiving with both feet and receiving sideways-on. *(15 minutes)*



2) **Target Game (Receiving “side-on”)**---Four players per grid (15x20). Two players stand at each end, with one defender and one attacker in the middle. One end player plays the ball into the attacker, who has checked “side-on” to receive the ball. That player tries to turn and play to the player at the other end of the grid. The defender **MUST** mark behind the attacker. Additionally, the defender can have other restrictions put on them to make it easier for the attacker (i.e...let the attacker turn, and then pressure them). Attacker can play back to passer if they aren’t able to turn. **Point System:** If they just play to one target it counts as 1 point. If they play to two consecutive targets without losing possession it counts as 3 points. Target players must constantly move along their line to show for the ball. Every 1-2 minutes rotate the players. *(15 minutes)*



3) **Small Sided Scrimmage**---Create fields based on playing numbers and size of area. Reinforce receiving technique. *(25 minutes)*

4) **Cool down and Review**---ask players to teach you the technical coaching points to insure complete understanding in the group. (5 minutes)

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Optional Activity:

1) **3v3+1 to Targets**---Set up a 35x25 yard grid with a Target each end. Play 3v3 plus 1 neutral player. Each team starts with an assigned target to play the ball to. After one of the teams is successful playing the ball to their target, the other team gets possession and attempts to find their target at the opposite end of the grid.