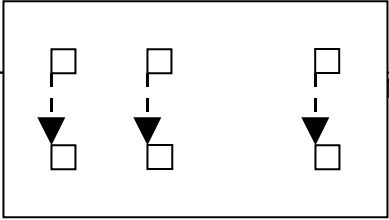
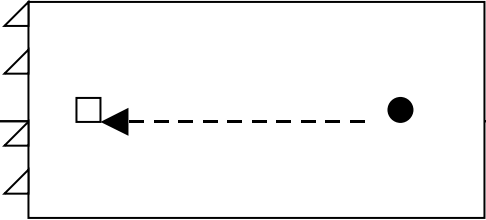
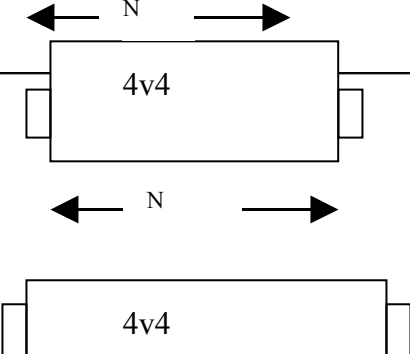




Name: Tony Marino

Topic: Receiving- 1<sup>st</sup> Touch

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p>	<p><b>ORGANIZATION</b></p>	<p><b>KEY COACHING POINTS</b></p>
	<ul style="list-style-type: none"> <li>1 Partner tosses ball to other's chest.</li> <li><b>Player receiving brings it down to feet and passes ball back with feet</b></li> <li>After 10 passes switch roles</li> </ul>	<ul style="list-style-type: none"> <li>Get in line with the flight of the ball</li> <li>Cushion ball as it meets chest</li> <li>Keep head steady and look at ball</li> <li>Keep ball in front</li> <li>Prepare the surface early</li> <li>Lean back slightly</li> </ul>
	<ul style="list-style-type: none"> <li>1 player tosses ball UNDERHAND to the other's chest.</li> <li>This receiving play now attacks the endline and scores by dribbling past the line.</li> <li>After a while switch roles</li> <li>Each player should have an opportunity to attack both the endline and the two mini-goals after receiving with the chest</li> </ul> <p><b>Progressions:</b> 1. Defender begins by pressuring 50% 2. Defender pressures 100%</p>	<ul style="list-style-type: none"> <li>1<sup>st</sup> touch in direction of next move</li> <li>Move feet to get in line with the flight of the ball</li> <li>Turn shoulders to direction of next move</li> <li>1<sup>st</sup> touch prepares the 2<sup>nd</sup> touch</li> </ul>
	<ul style="list-style-type: none"> <li>Play 4v4 +2 in a 25-x-40 yard area</li> <li>Neutral players stay on the outside to keep possession or cross balls into area</li> <li>Inside players must use one of the neutrals before scoring</li> <li>Keep score!</li> </ul>	<ul style="list-style-type: none"> <li>Head up to see options</li> <li>Touch ball into area away from defenders</li> <li>Keep receiving are loose to cushion ball in</li> <li>Arms out for balance</li> </ul>
	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with player's ability to receive ball with chest away from pressure</li> </ul>

