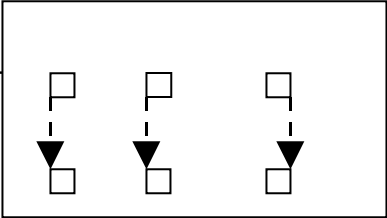
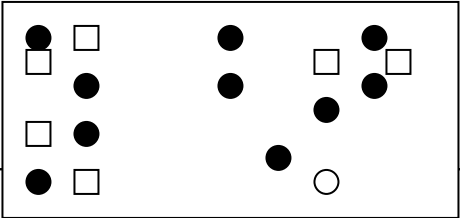
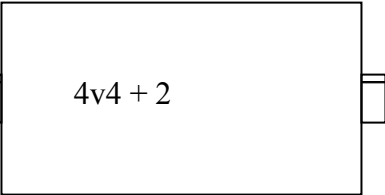





Name: Tony Marino

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>Players in a 15-x-12 yard area – passing with partners</li> <li>Each player takes 2 touches minimum</li> </ul>	<ul style="list-style-type: none"> <li>Stay on toes, quick feet</li> <li>Cushion ball as it meets foot</li> <li>Keep head steady and look at ball</li> <li>Keep ball in front of kicking foot</li> </ul>
	<ul style="list-style-type: none"> <li>Ten 2-3 yard goals are spaced out in area</li> <li>All players are divided into pairs, each pair needs a ball</li> <li>Each person starts with ball and tries to pass ball through to partner. Then the pair move to another goal and pass the ball through again.</li> <li>Pair with most goals after 1 min wins</li> </ul> <p><b>Progressions:</b> 1. Have different colored cone goals worth different points. 2. Add more goals. 3. Decrease time and encourage quicker decisions.</p>	<ul style="list-style-type: none"> <li>1<sup>st</sup> in direction of next move</li> <li>move feet to get in line with the flight of the ball</li> <li>Open hips up to direction of next move</li> </ul>
	<ul style="list-style-type: none"> <li>Play 4v4 +2 in a 15-x-25 yard area</li> <li>Each player must take at least 2 touches</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 foot loose to cushion ball in</li> <li>Toes up slightly</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 away from pressure</li> </ul>

